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RECIPES.

MRS. CHARLES CLARKE

TWENTH EDITION

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**HOUSEHOLD MANAGEMENT.**

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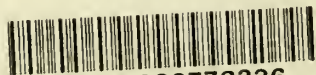
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PLAIN COOKERY  
RECIPES,  
AS TAUGHT IN THE SCHOOL.

BY  
MRS. CHARLES CLARKE,<sup>x</sup>  
THE LADY SUPERINTENDENT.

*SECOND SERIES. VOL. II.*

TWELFTH EDITION.

LONDON:  
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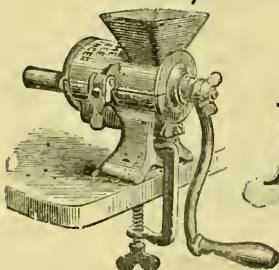
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September, 1905.

## HOMELY MEASURES.

These may be useful if scales and measures are not at hand.

1 Breakfast-cupful .. ..	$\frac{1}{2}$ lb. or $\frac{1}{2}$ pint (flour, milk, &c.).
1 Teacupful .. ..	$\frac{1}{4}$ lb. ,, $\frac{1}{4}$ pint ,, ,,
1 Tablespoonful .. ..	1 oz.
1 Dessertspoonful .. ..	$\frac{1}{2}$ oz.
1 Teaspoonful .. ..	$\frac{1}{4}$ oz.

A hen's egg weighs from  $1\frac{1}{2}$  to 2 ounces, and is equal to 2 tablespoonfuls.

## EXCEPTIONS.

Golden syrup and all kinds of fat weigh heavier than flour.

Bread-crumbs, rolled oats, and flaked rice weigh lighter than flour.

Sugar and rice weigh a little heavier than flour.

## NOTICE.

By a spoonful is meant a spoon which contains as much above as is in the bowl of the spoon.



# LESSONS IN SCULLERY WORK.

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## To clean an Open Range.

First of all rake out all the cinders and dust from the grate, taking out all the clinkers, or bad pieces of coal, that burn and cake on to the firebricks and sides of the grate and choke up the fire. The cinders should be sifted and kept for use. Take a sweep's brush and sweep down all the soot from the flues and oven; take out the doors of the flues at the back of the stove, and the rings on the top of the oven, and with a flue-brush (like a large bottle-brush) sweep down all the soot into the flue at the far side of the oven; pull out the long narrow door at the bottom of the oven. All the soot will be found fallen into the space underneath the oven; rake this well out with the iron raker. Having swept away all the soot from the flues of the oven and boiler, and raked it out of the spaces at the bottom of the oven and the boiler, replace all the flue shutters and soot doors and the rings on the top of the oven. Mix some powdered blacklead in a gallipot with a little water into a smooth thick liquid; put this on all over the stove from the top to the bottom with a round blacklead brush; take another brush—rather a soft one—and brush the stove all over, and then polish it well with a third brush, which is a harder one. The bars of the grate are blacklead and polished in the same way. The steel bars and knobs are all polished with emery paper, not too coarse, and the brass handles and bolts are polished with bath-brickdust and a leather. To clean the hearth, wash it over first with a flannel, hot water, and a little soda to remove the grease. Rub the stone all over with hearthstone, and then wring the flannel out of the hot water and smooth the hearth over, rubbing lightly from left to right. Blacklead and polish the inside of the fender as you did the range, and clean the steel parts with emery paper. The fire-irons must be cleaned in the same manner.

## To clean a Close Kitchen Range.

The blackleading and polishing of the range, cleaning the hearthstone and fender, are done exactly as for the open range. The only difference is in the position of the flues and flue doors, and there is a drawer generally under the oven, which pull out and empty of the soot that falls into it from the sweeping of the flues.

## To lay and light the Fire.

Having cleaned and well polished your range, proceed to light the fire. Put a few of the sifted cinders on the bottom of the grate, crumple up some newspaper and put it on the cinders, lay some sticks along the paper, and some more on the top of these across them; set light to the paper; put a few pieces of coal on the sticks, taking care to leave a good draught. When this has caught light, and burnt up a little, add more coal and cinders.

## To clean Gas Stoves.

Lift off the steel bars, wash the stove with hot water and soda with a flannel to remove the grease; then blacklead and polish as you did the kitchen range. Clean the steel bars with emery paper, and replace them. Clean the brass taps and fittings with bath-brickdust and a leather. If there are tiles to the stove, or hot plate, wash them with a flannel, hot water, and soda, and dry them with a clean cloth.

## To clean an Iron Saucepan.

Put the saucepan into a large tub of hot water and soda, and wash it well inside and out. Scour the inside with sand and yellow soap, rubbing well with the hand, not a flannel. When the inside is quite bright and clean, rinse the saucepan in clean hot water, and dry it with a clean cloth. Do not forget to clean the lid in the same way.

## To clean Tin, Iron Enamelled, and Steel Stewpans.

Proceed as above, only tin and steel stewpans and saucepans must be scoured bright both inside and outside; and stains must be removed from the white enamel with salt mixed with the sand. The sand used in clearing is white or silver sand.

## To clean a Copper Stewpan.

Wash the stewpan well in hot water and soda, scour the inside well with sand and salt mixed, double the quantity of sand to salt. Soap your hand well, dip it into the sand and salt, and scour the inside of the stewpan until all the stains are removed, and it is quite bright and clean. Rinse it well in warm water, dry the inside quickly, turn the pan over, and clean the copper outside in the same way, with your hand soaped and dipped in the sand and salt. Any stains on the outside copper may be removed by rubbing it with the half of a used lemon or a little vinegar. When thoroughly bright and clean inside and out, rinse it again in warm water and dry in front of the fire.

## To clean Kitchen Tables, Paste Boards, and all Kitchen Wooden Goods.

Wash the table over with a flannel wrung out of hot water, but on no account use any soda, as this makes the wood a dirty, bad colour. Rub some soap on your scrubbing-brush, dip it in sand, and scrub the table well, following the grain of the wood. Be sure to rinse the table very thoroughly with hot water and a flannel to wash off all the sand, or your cooking will be gritty. Dry the table well with a clean cloth. These rules apply to paste-boards and all wooden things used in the kitchen.

## To clean Tins.

Tins that are not much used can be cleaned with whitening and a leather; but cake tins and strainers, or any tins that are greasy or burnt, should be first washed in hot water and soda, then scoured clean with sand and soap, and rinsed. When dried, they should be polished with whitening mixed to a paste with a little cold water, and rubbed up with a leather. The whitening must be carefully taken out of corners and cracks with an old plate brush.\*

\* NOTE.—These Scullery Lessons have been written and added to this edition of my Plain Cookery Recipes, by the special request of many of our pupils.

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# RECIPES FOR PLAIN COOKERY.\*

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## SOUPS.

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### Bone Stock.

#### *Ingredients.*

Two pounds of Raw Bones.  
Two quarts of Water (cold).  
Salt. One small Carrot. One Onion.

Wipe the bones, remove all fat, saw the bones into pieces, and put them into a saucepan with the salt and water. Bring them slowly to the boil and skim well; then add the vegetables washed, peeled, and scraped, and cut up into good-sized pieces. Simmer slowly for four or five hours; strain through a sieve into a large basin, and when cold remove the fat.

### Meat Stock.

#### *Ingredients.*

Two pounds of Shin of Beef.  
Three pints of cold Water.  
Salt. One Onion. One small Carrot.  
Half a Turnip.

Cut the meat into small pieces, remove the fat, wash the bones. Put it all into a saucepan with the cold water and salt. Bring it to the boil, skim well, then add the vegetables, scraped, peeled, washed, and cut up. Simmer for four hours, skim occasionally, then strain it off, and when cold remove the fat.

\* High Class Recipes in the same form are now published. Also new High Class and Game Recipes.

## Fish Soup (White).

### *Ingredients.*

Three pounds of Fish, bones and fins.  
 Three quarts of cold Water.  
 A teaspoonful of Salt,  
 One Leek. One Onion. One Carrot.  
 A good bunch of Parsley or Parsley roots.  
 One Bay-leaf.  
 One sprig of Thyme.  
 Three or four sticks of Celery  
 Three Cloves.  
 One small blade of Mace.  
 One pint of Milk.  
 One ounce of Fat or Butter.  
 Three teaspoonfuls of Flour.

Do not use herrings or mackerel for soup ; ling, conger, hake, or skate are best. Take three pounds of fish, bones and fins do very well, chop them up, wash them, put them into a saucepan with three quarts of cold water and a teaspoonful of salt ; when it boils skim it well, and then add the vegetables, previously washed and cut up, also the cloves, mace, and herbs. Let this all boil gently for an hour and a half. Mix the flour into a smooth paste with a gill of milk, stir this into the soup, stir till it boils again to cook the flour, then add the rest of the milk and the butter or clarified fat ; and when it has boiled for another ten minutes, strain it into a soup-tureen or basin into which you have previously put a teaspoonful of finely chopped parsley and a little cooked carrot nicely shredded.

## Bone Soup.

### *Ingredients.*

Three pounds of Bones, cooked or uncooked.  
 Scraps of Meat or Trimmings.  
 Two Carrots. Two Turnips. One Parsnip.  
 One bunch of Herbs.  
 Two Onions.  
 Twelve Peppercorns. Salt.  
 Two tablespoonfuls of Sago or Semolina.  
 Two ounces of Fat.

Fry the bones brown in the fat, then cover with four pints of water. When this boils, throw in a dessertspoonful of salt to raise the scum ; skim it well. Prepare the vegetables, fry them and add them, with the herbs and peppercorns, when the soup boils up again. Let it simmer gently four or five hours, skimming occasionally. Strain it, and return to the saucepan ; thicken it with the sago or semolina.

## Cabbage Soup

### *Ingredients.*

One good-sized Cabbage.  
 One tablespoonful of Parsley.  
 One ounce of Butter.  
 One Shalot.  
 One teaspoonful of Salt.  
 Quarter of a teaspoonful of Pepper.  
 One pint of Milk.  
 One and a half pint of Boiling Water.  
 One tablespoonful of Crushed Tapioca.  
 One slice of toasted Bread.

Put on a large saucepan with water to boil, shred the cabbage, and put it in the boiling water to blanch for five minutes ; then strain the cabbage, and return it to the saucepan, with the butter ; then add one and a half pint of boiling water, one pint of milk, the shalot and the chopped parsley and seasoning ; bring this to the boil, and cook it for fifteen minutes, shake in the crushed tapioca and boil it for ten minutes. Cut the toasted bread into convenient-sized pieces, put them into a tureen, and pour the boiling soup on to them.

## Cabbage and Potato Soup.

### *Ingredients.*

One Cabbage.  
 Three Potatoes.  
 One Clove of Garlic.  
 Two ounces of Butter.  
 Two quarts of boiling Water.  
 A dessertspoonful of Salt.

Trim the cabbage well, cut off all the green outside leaves, but do not cut the white leaves up too small. Put them in cold



water with a little salt. Peel the potatoes and put them into the cold water with the cabbages. Have a saucepan of boiling water, about two quarts; add a dessertspoonful of salt; put in the vegetables with a clove of garlic crushed. Let this all boil for thirty minutes, then mash the potatoes well with a spoon; stir in two ounces of butter; put some small squares of fried bread into a soup tureen; pour the soup into it, cover it for a few minutes, and serve.

## Cocky Leeky Soup.

### *Ingredients.*

Three pounds Scrag of Mutton or Knuckle of Veal.  
One Fowl. Salt. Two ounces of Rice.  
Six Leeks.

Boil the mutton and the fowl in three quarts of water; put in some salt and skim well; cut up three leeks into pieces about an inch long; add some pepper, and let it all boil for an hour slowly. Then put in the rest of the leeks and the rice, and boil it three-quarters of an hour longer; take out the mutton and the fowl. Serve the soup with some of the chicken cut up into neat pieces in it. Serve the mutton separately with parsley and butter sauce.

## Fish Mulligatawny.

### *Ingredients.*

Three pounds of Fish or Fish Trimmings.  
Two ounces of Butter or Fat.  
Three Cloves.  
Two Onions or Leeks.  
One Apple or a stick of Rhubarb.  
One Carrot.  
A bunch of Herbs : Thyme, Marjoram, Bay-leaf and Parsley.  
Three tablespoonfuls of Flour.  
Two ounces of Curry Powder.  
Four quarts and half a pint of Water.  
Salt.

Cut up the fish and wash it clean. Put it into a saucepan with the fat or butter, the apples and the vegetables washed, peeled, and cut up, and the herbs. Let all this cook for about ten minutes; then add four quarts of cold water. Mix the flour and curry powder into a smooth paste, with half a pint of cold water, and stir it into the soup. Stir till it boils, then skim it

well, and let it boil gently for an hour and a half. Strain it into a tureen, and add to it one pint of cooked rice and some pieces of cooked fish neatly cut up.

## Hotch Potch.

### *Ingredients.*

Three pounds of Neck of Mutton (scrag end).  
 Three quarts of cold Water.  
 Of Carrots, Turnips, and Cauliflower, one pint.  
 One Lettuce. Three-quarters of a pint of Green Peas.  
 Half pint of Broad Beans.  
 Two Onions or Leeks.  
 One teaspoonful of Salt. Half a teaspoonful of Pepper.  
 Two teaspoonfuls of Sugar.  
 One teaspoonful of chopped Parsley.

Cut up the meat into small pieces, and put it on in cold water with the salt ; let it come to the boil, and well skim it. Scrape the carrots and cut them up ; peel the turnips and cut them up. Break up the cauliflower into little sprigs, and shred the lettuce ; shell the peas, shell the beans, and chop up the onions. Put all these vegetables when prepared in with the meat ; add the pepper. Let this boil slowly for three or four hours, according to the age of the vegetables. Just before serving, stir in the sugar, and last of all the chopped parsley.

## Haricot Purée.

### *Ingredients.*

One pint of Haricot Beans.  
 One Onion.  
 One teaspoonful of Salt.  
 Pepper.  
 Pint of Milk.  
 Two quarts of Water.

Soak the haricot beans in cold water all night. Take the soaked beans and put them in a saucepan with the water and salt, also a sliced onion ; put it on the fire and let it boil gently for four hours. After that time pass the contents through a colander into a basin, stir in the milk, add pepper and salt, and pour the purée back into the saucepan to warm ; stir in while it is warming, then pour it into a hot soup-tureen.

## Lentil Soup.

### *Ingredients.*

One pint of Red Lentils.  
 One Onion.  
 Three sticks of Celery.  
 One ounce of Dripping.  
 Pepper and Salt.  
 Two quarts of Water.

Soak the lentils all night in cold water. Put the dripping into a saucepan, wash the lentils well, and put them in the saucepan, with the sliced onion, and the celery cut into small pieces; put the saucepan on the fire and stir for five minutes. Now add two quarts of cold water. Let the soup boil gently till the lentils are quite soft. Pass the soup through a hair sieve, pour it back into the saucepan, add pepper and salt to taste, and warm it again over the fire. Fried bread should be served with it. If celery is out of season, the seed may be substituted for it.

## Macaroni Soup.

### *Ingredients.*

Bones.  
 One tablespoonful of Salt and Peppercorns.  
 One good-sized Turnip and four Leeks.  
 Two Carrots.  
 Two Onions, two Cloves, and a blade of Mace.  
 A bunch of Herbs.  
 Quarter of a pound of Macaroni.

Break the bones up in small pieces, and put them in a saucepan with enough water to cover them and one quart more, put it on to boil; when boiling add some salt. Wash and cut up the vegetables, *i.e.* carrots, turnip, leeks, and onions with the cloves stuck in; skim the soup well, and put in these vegetables, also the mace and peppercorns; let it simmer gently for two hours and a half, then strain it. Boil the macaroni in a separate saucepan with a little salt for half an hour; then cut the macaroni up into pieces of an inch in length. When the soup is ready for use, put the macaroni into a soup-tureen, and pour the hot soup over it.

## Milk Soup.

### *Ingredients.*

Two pounds of Potatoes.  
 Two Leeks or Onions.  
 Two ounces of Butter.  
 Quarter ounce of Salt. Pepper.  
 One pint of Milk.  
 One and a half tablespoonful of crushed Tapioca.  
 One teaspoonful of Celery Seeds, or three outside leaves  
 of Celery.

Wash, scrub, peel the potatoes, and cut them into slices ; cut the onions or leeks into slices.

Put two ounces of butter in a stewpan, add the vegetables, put the stewpan on the fire and cook the vegetables for five minutes. Then pour on to them two quarts of boiling water, add pepper and salt, and let the whole boil till done to a mash. Pass it through a wire sieve. Return the soup to the saucepan with one pint of milk. When it boils, sprinkle in the tapioca and boil till the tapioca is clear. Stir occasionally.

## Mulligatawny Soup.

### *Ingredients.*

Two pounds of Mutton.  
 Two Apples. One Leek.  
 Two Carrots. One Turnip.  
 Two good-sized Onions.  
 One ounce of Butter or Dripping.  
 One teaspoonful of Moist Sugar.  
 Two tablespoonfuls of Flour.  
 One tablespoonful of Curry Powder.  
 Salt. A bouquet of Herbs. Lemon juice.

Cut up the mutton into joints. Peel the apples, cut them into quarters, cut out the core. Peel the leeks, the turnip and onion. Scrape, wash, and cut up the carrots, and put them into a saucepan with the butter and fry them ; when brown mix in the curry powder and flour, sugar, salt, herbs, and lemon juice, and let the whole fry for about ten minutes, stirring them occasionally, then add gradually two quarts of cold water and the meat ; let it come

to the boil, and simmer for two hours, skimming it occasionally. After that time pass the soup through a wire sieve, and pour it back into the saucepan to get hot. Serve with rice.

## Mutton Broth.

### *Ingredients.*

Three pounds of the scrag end of the neck of Mutton.  
Two ounces of Pearl Barley or Rice.  
A teaspoonful of Salt.  
One Turnip.  
One Onion. One Carrot.  
Two Leeks.  
One teaspoonful of Chopped Parsley.

Cut the mutton up into small joints and put it into a saucepan with three quarts of cold water, a teaspoonful of salt, and put it on the fire to boil; draw the saucepan to the side of the fire and let it simmer for one hour and a half, skimming it well. Now add all the vegetables cut up into dice, and the rice, and let it simmer gently half an hour till the vegetables are done. Just before serving, add the chopped parsley.

## Pea Soup, No. 1.

### *Ingredients.*

One pint of Split Peas.  
Two Onions.  
One Turnip.  
One Carrot.  
One head of Celery.  
Teaspoonful of Salt.  
Half a teaspoonful of Pepper.  
Cooked or uncooked Bones.

Soak the split peas for twelve hours, and put them on in four quarts of cold water. Wash and cut up the vegetables, and when the water boils put them in with the peas; also add the bones, salt, and pepper, and let it boil slowly for two hours, stirring it occasionally. After that time take out the bones, and rub the contents of the saucepan through a colander or a sieve; it is then ready for serving. Serve with dried mint and toast cut into dice.

## Pea Soup, No. 2.

### *Ingredients.*

One quart of Peas.  
 Three quarts of Water.  
 One Carrot. One Turnip. Three Onions.  
 A handful of green tops of Celery.  
 Parsley. Thyme. Bay-leaf.  
 Salt and Pepper.

Soak the peas all night in cold water, and next day put them on to cook in three quarts of water. Chop up the onions, carrot, turnip, celery, and parsley very small, add them to the peas, also the thyme and bay-leaf, salt and pepper. Boil for three or four hours. Any pieces of bread may be cut up and served in this soup.

## Penny Dinner Soup.

### *Ingredients.*

A quarter of a pound fine Oatmeal.  
 Half-pound Lentils.  
 Half-pound of mixed Vegetables (turnips, carrots, parsnips,  
 Half-pound of mashed Potatoes. [leeks, and celery).  
 Pepper. Salt. Dried Mint.  
 One gallon of Water.

The lentils should be soaked over night ; these, with all the vegetables chopped up as fine as possible, should be put on first, and when nearly boiling, the oatmeal must be sprinkled in and stirred, so that it does not gather into lumps ; let this boil well for two hours, just at the last add the mashed potatoes and the mint. It is an improvement to stir in a lump of butter before serving, but this can be left out if preferred.

## Plain Green Pea Soup.

### *Ingredients.*

One quart of Green Peas.  
 Two quarts of boiling Water.  
 A little Salt and Sugar.  
 One small Onion.

In shelling the peas, separate the young ones from the old ones and put half a pint of the young ones on one side to be boiled separately and added to the soup when it is finished. Put the one and a half pint of peas into a saucepan with the onion and two quarts

of boiling water and a little sugar ; boil till the peas are tender, then strain them ; now stir them into the water in which they were cooked ; let them boil up for five minutes, then pass the soup through a hair sieve ; add the half pint of peas boiled separately ; stir in a little salt and sugar, and serve very hot. This soup can be made with one pint of peas and one pint of peashells.

## Pot-au-Feu.

### *Ingredients.*

Four pounds of Beef.

Two ounces of Sago, or Tapioca for the Soup.

Half ounce of Salt. Two Turnips.

Two Carrots, two Leeks.

One Parsnip, one small head of Celery.

Two or three sprigs of Parsley.

One Cabbage.

One Bay-leaf, Thyme, Marjoram, one Onion, three Cloves.

Put six quarts of water into a large pot, tie the meat in a shape and put it in, and when it is boiling put in the salt. Wash the vegetables well, cutting the green off the leeks and celery. When the Pot-au-feu has boiled gently for one hour, add to it all the vegetables except the cabbage, tie the herbs together and put them also into the pot, peel the onion and stick the cloves into it and put that into the pot. When these ingredients have been boiling for five hours, cut the cabbage in two, wash it well, tie it together and put it into the pot. Let this simmer gently for one hour. After that time dish the meat and garnish with the vegetables. Serve the cabbage on a hot vegetable-dish. Strain the liquor through a colander into a basin to cool, and then remove the fat. When the soup is wanted, put two quarts of the liquor into a saucepan to boil, put to it, stirring all the while, the two ounces of sago, and let it boil for fifteen minutes, when it will be ready for use.

## Rice Soup.

### *Ingredients.*

Two ounces of Rice.

One ounce of Butter.

Half pint of Milk. Three pints of Water.

Half a Carrot. Six Peppercorns.

A few Celery seeds tied in Muslin.

One small Onion. Salt.



Slice the onion and carrot, melt the butter in a stewpan, and draw down these vegetables in it, but do not let them brown ; put three pints of water into the stewpan with the onion, etc. ; add the rice, previously well washed, also the peppercorns and celery seed, tied up in a muslin bag, and let all this boil till the rice is quite soft. Now take out the muslin bag and pass the rice and vegetables through a hair sieve ; then return it to the stewpan ; add the milk, let it boil up, and serve.

## Scotch Broth.

### *Ingredients*

Four pounds of Scrag of Mutton.  
Six quarts of cold Water.  
One tablespoonful of Salt.  
One Carrot.  
Half a teaspoonful of Pepper.  
One Turnip. One Onion. Two Leeks.  
One tablespoonful of Chopped Parsley.  
Half a head of Celery.  
Two tablespoonfuls of Scotch Barley.

Cut the mutton up into neat pieces, wash it in cold water, put it into a stewpan with a tablespoonful of salt, half a teaspoonful of pepper, and six quarts of cold water ; keep it well skimmed, and let it boil for two hours. Then add the vegetables cut up into dice, and two tablespoonfuls of Scotch barley previously washed. Let this simmer half an hour, then add the chopped parsley. The meat can be left in the broth, or else taken out before the vegetables are added.

## Semolina Soup.

### *Ingredients.*

One quart of second Stock.  
Two tablespoonfuls of Semolina.  
Half pint of Milk.  
Salt and Pepper.

Put the stock on to boil, and when boiling stir in the semolina ; let it boil for ten minutes, then add the milk, pepper and salt. Let it warm, stirring all the while, and when warm it is ready for serving.

## Shin of Beef Soup.

### *Ingredients.*

Four pounds Shin of Beef, meat and bone.  
 Two Carrots.      One Turnip.      One Onion.  
 A bunch of Herbs.      Three sticks of Celery.  
 Pepper and Salt.      Two ounces of Dripping.  
 Six Peppercorns.  
 One tablespoonful of crushed Tapioca or small Sago.

Cut the meat off the bones in small pieces, remove the marrow and break up the bone.

Melt the dripping in a large stewpan, fry the pieces of meat in it; pour off the dripping and add five pints of water and the bones. Whilst this is boiling up prepare the vegetables; scrape the carrot, cut it in quarters, peel the turnip and onion, cut them in quarters, cut up the celery into pieces. When the soup begins to boil, throw in one tablespoonful of salt, to allow the scum to rise; skim it well, then add the vegetables and bunch of herbs; boil it gently three hours, then strain it and thicken it with crushed tapioca or sago, boil for ten minutes and serve.

If liked, the meat may be cut off all in one piece, tied up with string, fried in the dripping and cooked as a joint in the soup. It will take four hours. Serve with brown sauce poured over the meat.

## Skate Soup.

### *Ingredients.*

Two pounds of Skate.  
 Two pounds of Ling.  
 Lemon peel.  
 Bunch of Sweet Herbs.  
 Two blades of Mace.  
 Whole Peppers.  
 Parsley.  
 Horseradish.  
 The crust of a penny Roll.  
 One ounce of Vermicelli.  
 Six quarts of Water.

Boil two pounds of skate in six quarts of water. When cooked take out the fish and pick it from the bones; put the fish on one side, and return the bones to the liquor with two pounds of ling, the peel of a small lemon, a bunch of sweet herbs and parsley,

two blades of mace, a piece of horseradish, and the crust of a penny roll. Let this all boil for three hours, till reduced to two quarts, then strain it off; add one ounce of vermicelli to the liquor, and let it boil gently till it is cooked. Just before serving put in some nice pieces of the skate. The rest of the skate can be served separately with parsley and butter sauce.

## Spring Soup Maigre.

### *Ingredients.*

Half a small Cabbage (white heart best).  
 One Carrot. Half a Turnip.  
 The Flower of a small Cauliflower.  
 Two Leeks. A head of Celery.  
 One Onion. Pepper and Salt.  
 Quarter of a pound of Butter.  
 Two quarts of Water.  
 Four thin slices of Bread and Butter.  
 A tablespoonful of Brown Sugar.

Shred all the vegetables very finely; put them into a saucepan with the quarter of a pound of butter, a little pepper and salt, and the sugar, and let them cook for fifteen or twenty minutes; then add two quarts of cold water, and let them boil gently for one hour with the lid off. Butter three or four slices of bread; put them in the oven to brown. Put these slices of bread into the soup-tureen, and pour the soup on to them. Any fresh vegetables in season can be used; lettuce is very good.

## Tomato Soup.

### *Ingredients.*

Two pound tin of Tomatoes.	Two lumps of Sugar.
One Carrot.	Pepper and Salt.
One Turnip.	One ounce of Butter.
One Onion.	One quart of Liquor from the
One leaf of Celery.	Tomatoes. If not enough,
One small bunch of Herbs.	add water or stock to make
One tablespoonful of Corn-	up.
flour.	

Slice the vegetables, cook them in the butter for ten minutes, then add the liquor, herbs, pepper, salt, and sugar. Cook all until tender. Pass through a hair sieve and thicken with corn-flour. Stir until it boils. Cook ten minutes, and serve.

## Vegetable Soup.

### *Ingredients.*

Two Carrots.	One pint of Water.
Two Turnips.	Half pint of Milk.
One Leek.	One ounce of Flour.
One Onion.	Half a teaspoonful of Castor Sugar.
One stick of Celery.	Salt.
Two ounces of Butter.	One Bay-leaf.

Shred the vegetables and put them in a saucepan with the butter, which must be melted but not hot. Cook them over the fire, but do not let them brown. Then add the castor sugar, bay-leaf, and water, and boil for about ten minutes, until the vegetables are tender.

Mix the flour and milk together, pour into the saucepan, and boil for a few minutes to cook the flour, stirring carefully. Take out the bay-leaf, add the salt, and the soup is ready.

## FISH.

### Baked Fish.

Butter a tin and put the fish on it, sprinkling a little pepper and salt over it. Butter a sheet of kitchen paper, and cover the fish closely over with it. Put this in the oven, and when the fish is cooked—it will take from ten minutes to half an hour, according to the size of the fish—take off the paper, put the fish on a dish, and sprinkle over it a little finely chopped parsley; then strain over it the liquor on the tin in which the fish was baked: this is the essence of the fish. Serve very hot. Almost all fish is nice cooked this way.

### Boiled Fish.

Put a saucepan or fish-kettle of water on the fire to boil. Clear the fish thoroughly in cold water, and put it on to a strainer on dish. When the water is warm, put the fish in and some salt (there

should be enough water to cover the fish). Let it simmer gently from twenty minutes to three-quarters of an hour, according to the size of the fish. Skim it occasionally. When we find the skin of the fish is cracking, we shall know that it is sufficiently boiled. Take it carefully out, place on a hot dish, and serve with melted butter or egg-sauce.

## Broiled Herrings (Mustard Sauce).

### *Ingredients.*

Three Fresh Herrings.	Six whole Peppers.
One ounce Flour.	One Onion.
Half-pint Vinegar.	One teaspoonful of Mustard.

Cut the heads off the fish, wash them clean, dry them in a clean cloth, notch them across with your knife, flour them, and broil them. Take the heads and smash them up, boil them in vinegar with six whole peppers and one onion for a quarter of an hour, then strain them. Mix one ounce butter, half-ounce flour, and a teaspoonful of mustard; stir this into the vinegar till it thickens and is cooked. Pour the same over the herrings, and serve.

## Broiled Herrings and Cabbage.

### *Ingredients.*

One Cabbage.	Pepper and Salt.
One ounce Butter.	Red Herrings.

Boil a cabbage till quite tender; strain it, and put it into a saucepan with one ounce of butter or fat, and a little pepper and salt; stir it that it does not burn, and chop it up with the spoon. Flour and broil some red herrings, put the cabbage on a dish, lay the fish on it, and serve very hot.

## Broiled Mackerel. No. 1.

### *Ingredients.*

Two Mackerel.	Chopped Thyme and Parsley.
One Yolk of Egg.	Pepper and Salt, and a few Bread-
Nutmeg.	crumbs.
Lemon Peel.	A little Flour.

Cut off the heads. Pull out the roes at the neck end, boil them in a little water. Bruise the roes with a spoon. Beat up the yolk of an egg, and add to it a little grated nutmeg and lemon peel, a little chopped parsley and thyme, pepper and salt, and a few bread-crumbs. Mix all well together, and stuff the mackerel with it. Flour the fish well, broil them, and serve with melted butter.

## Broiled Mackerel. No. 2.

Clean a fine large mackerel, wipe it on a dry cloth, cut it open down the back, lay it on a nice clean gridiron over a clear slow fire; when one side is done, turn it and cook the other. Mix a little finely-chopped parsley, pepper and salt, with half an ounce of butter; when the fish is cooked, spread this butter on it, and serve very hot.

## Broiled Weavers.

Wash them clean, cut off their heads and skin them; flour them well, and broil them a nice brown. Serve with melted butter.

## Cake of Cold Fish.

### *Ingredients.*

Half pound cold Fish.  
Two ounces Bread-crumbs.  
One Onion.  
Half ounce Fat or Butter.  
Half gill of Milk or Fish Liquor.  
One teaspoonful of chopped Parsley.  
Two yolks and one white of Egg.

Grease a cake-tin, and well cover it over with bread-crumbs that have been browned in the oven. Mince the onion and parsley and cook them in a saucepan in the fat, mince the fish and stir into the fried onion and parsley. Take the saucepan off the fire and stir in the bread-crumbs, the milk or liquor and the eggs beaten. Pour this all into the cake-tin and bake in a moderate oven three-quarters of an hour. Turn out and serve with melted butter.

## Conger Pie.

### *Ingredients.*

One pound of Conger.  
 One teaspoonful of chopped Parsley  
 One teaspoonful of chopped Onion.  
 One teaspoonful of chopped Suet.  
 One teaspoonful of Flour.  
 Pepper, Salt, Nutmeg, and Mixed Herbs.

Mix the above ingredients all together ; cut the fish into neat pieces, and lay them in a pie-dish, sprinkle a little of the seasoning between each layer of fish till the dish is full ; put two ounces of butter on the top in little pieces. Make a paste as follows :—

One pound of Flour.  
 Five ounces of clarified Fat or Butter.  
 A teaspoonful of Baking-powder.  
 Salt. Water.

Rub the fat well into the flour ; add baking-powder, a little salt, and enough water to make a paste. Flour a board and roll the paste out two or three times. Wet round the edge of the pie-dish with cold water, cut a slip of the paste, and lay it on the edge of the dish ; wet this edge of paste again, and cover over the dish with the rest of the paste, close the edges neatly round, cut off the remaining paste ; make a hole in the top of the pie, and bake in a moderate oven one hour. Make a richer crust if you like, by using three-quarters of a pound of flour and half a pound of fat or butter, and no baking-powder.

## Curried Fish.

### *Ingredients,*

One pound of Fish.  
 One Apple or a stick of Rhubarb.  
 Two ounces of Fat or Butter.  
 Two Onions ; one pint of Water or Fish Liquor,  
 One tablespoonful of Curry Powder.  
 One tablespoonful of Flour.  
 Salt and Pepper.  
 A teaspoonful of Lemon Juice or Vinegar.



Cut up the onion, apple, or rhubarb into small pieces and put them into a saucepan with the butter or fat, and let them fry till they are brown. Then stir the curry-powder and flour to them. Add the salt and pepper, and stir in gradually one pint of water or fish liquor. Let this all boil up and simmer gently for half an hour. Just at the last, stir in the lemon juice or vinegar. Then strain it, returning it to the saucepan with the one pound of fish cut up into nice pieces, to get hot through. If you have no cold fish, but cook some on purpose to curry, boil it in one pint of water, and use this water to make the curry of. Serve the curry in a border of boiled rice.

## Dried Haddocks.

These fish should be scalded before they are cooked. Put a dried haddock into a basin or a pie-dish, and pour boiling water over it. Let it soak in this for about five minutes, then take it out of the water and skin it; dry it in a clean cloth, put it on a buttered tin, cover it with buttered paper, and bake it in the oven for about ten minutes. When it is cooked, strain over it the liquor left on the tin in which it was baked; put a little piece of cold butter on it, and serve.

## Dried Haddock and Tomatoes.

### *Ingredients.*

One dried Haddock.  
One small Onion.  
Two Tomatoes.  
One ounce of Butter.  
Pepper and Salt and Parsley.

Soak the fish for three or four hours, then skin it, take out all the bones and break up the fish into flakes. Slice the onion and tomatoes, chop up the parsley, sprinkle with pepper and salt, and cook all in the butter till quite soft; then add the fish and cook for ten minutes longer. Dish up in a border of boiled rice or mashed potato.

## Fish Pasties and Patties.

### *Ingredients.*

One pound of Fish.  
 Half pound of Potatoes.  
 One teaspoonful of chopped Parsley.  
 One teaspoonful of chopped Onion.  
 A little Sweet Herbs.  
 One pound of Flour.  
 Five ounces of Fat.  
 One teaspoonful of Baking-powder.

First make the paste. Rub the fat well into the flour, then add the baking-powder, a pinch of salt, and enough cold water to mix it into a stiff paste. Flour a board and roll out the paste two or three times, then cut it out into round pieces with a saucepan-lid or a cutter. Cut up the fish and potatoes into small pieces and place a little fish and potato on each piece of paste, sprinkle over this a little of the chopped parsley, onion, herbs, pepper and salt, and a few drops of fish liquor. Wet round the edge of the paste with cold water, fold it over and pinch the two edges together in plaits. Put these pasties on a baking sheet into the oven and bake for about half an hour. The same ingredients will make patties. For these roll the paste out thin, line some patty-pans with it, fill them with the fish, potato, and seasoning as above, cover over neatly with paste and bake about half an hour.

## Fish Pie with Potato Crust.

### *Ingredients.*

One pound of cold Fish.  
 Pepper and Salt.  
 One and a half pounds of cold Potatoes.  
 One ounce of Dripping.  
 Two tablespoonfuls of Milk.

Rub the potatoes through a sieve, if you have one ; if not, put them into a basin and break them up well with a fork. Melt the dripping with half the milk and stir into the potatoes. Break the fish up into small pieces, put it into a pie-dish, and sprinkle it

with pepper and salt ; add the rest of the milk or some fish liquor. Cover the pie-dish with the mashed potato, smooth it neatly with a knife dipped in hot water, mark it over with a fork, and bake it for three-quarters of an hour.

## Fish Pudding.

### *Ingredients.*

One pound of Fish.  
Two ounces of Bread-crumbs.  
Four ounces of Suet.  
Two Eggs.  
One gill of Milk, or Fish Liquor.  
A teaspoonful of chopped Parsley.  
Pepper and Salt.

Take all the bones and skin away from the fish, chop the suet very finely, put these ingredients into a mortar and pound well together ; add the bread-crumbs, eggs, parsley, fish-liquor, and season with pepper and salt. When well pounded and mixed put into a pudding-basin and boil or steam for one hour. Serve with egg sauce.

## Fish Fried in Batter.

### *Ingredients.*

Four ounces of Flour.  
One gill of tepid Water.  
One tablespoonful of Salad Oil.  
Salt.  
The Whites of two Eggs. (These may be left out.)

Put the flour into a large basin, with half a saltspoonful of salt, stir in gradually the salad oil and tepid water. One ounce of butter or fat will do instead of oil, if more convenient, but it must be melted before it is added to the flour. Beat the whites of egg to a stiff froth and stir them into the flour very lightly. In winter, clean snow can be used instead of the whites of eggs. All batter is the better for standing before it is used ; but if you make it without any egg, it *must* stand about four hours. Take

the fish you are going to fry off the bones, and cut it up into nice-sized pieces ; dip them into the batter, taking them in and out with a skewer, and fry them in boiling fat. Mind, the fat must be well strained after this, as pieces of the batter will be sure to stick to whatever is next fried in it.

## Fish Omelet.

### *Ingredients.*

Dried Haddock.  
One dessertspoonful of grated Cheese (Parmesan).  
Cayenne, Salt, Nutmeg.  
Three Eggs.  
One ounce of Butter.

Break the eggs, separating the yolks and whites, sprinkle into the yolks a little salt, cayenne, nutmeg, and the cheese ; stir all together. Take a good tablespoonful of cooked dried haddock, and cut it up into small pieces. Add a pinch of salt to the whites of egg, and whip to a stiff froth. Stir the whipped whites very lightly to the yolks, etc. Melt one ounce of butter in an omelet pan, pour in the eggs, let them just set a little, then put in the fish, and stir all together till the omelet is cooked, turn it towards the handle of the pan, and with the spoon turn it over for a moment, and then turn it out on to a hot dish.

## Fish Cakes.

### *Ingredients.*

One pound of Fish.  
Half pound of Potatoes.  
One ounce of Butter.  
Two Eggs.  
Pepper and Salt.  
One tablespoonful of Milk.

Boil the fish as shown in the "Boiled Fish" recipe, or use up any remains of cold fish for this purpose. Cold potatoes may also be used instead of boiling fresh ones ; put the potatoes through

a wire sieve. Put the butter and milk into a stewpan ; when hot add the potato, the pieces of fish broken up small, the yolk of one egg ; salt and cayenne pepper. Make the mixture up into balls of one tablespoonful each, flatten them into cakes, brush them over with egg, cover with bread-crumbs, and fry in hot fat.

This mixture may be made into a fish pudding. Grease a flat tin, and shape the mixture as much like a fish as possible, brush it over with egg, and bake for a quarter of an hour.

## Fish and Potato Salad.

### *Ingredients.*

A tablespoonful of mashed Potatoes.  
A tablespoonful of Milk.  
Two tablespoonfuls of Salad Oil.  
One tablespoonful of Vinegar.  
Dessertspoonful of Mustard ready made.  
Pepper and Salt ; a little Sugar.  
Cold Fish. Salad as in season.

Mash the potatoes while they are warm, and stir to them the oil, vinegar, mustard, pepper, salt, sugar, and milk ; mix well and stir to a smooth dressing. Well wash the salad, lettuce, etc., according to the season, shake the water well off the leaves and dry lightly in a clean cloth. Then tear up the leaves lightly with your hands—salad should not be cut up—put this on a dish, break up any pieces of cold cooked fish you may have and put on the salad, pouring the dressing of potato, oil, etc., over it all.

## Fricassee (White).

### *Ingredients.*

One pound Fish.  
Half pint Water.      Quarter pint Milk.  
Mace, Nutmeg, sweet Herbs.  
One ounce Butter, one ounce Flour.  
A few drops of Lemon Juice.

Put the butter and flour into a stewpan and mix well together. When well mixed pour in the milk, stir well, let it boil till the flour is cooked (about ten minutes). Fillet the fish, and put the

bones into half a pint of water, with a blade of mace, a bunch of sweet herbs, a little nutmeg, and a pinch of salt. When this has boiled for half an hour, strain it, and stir it into the milk. Put the fish into this sauce, and let it cook for fifteen minutes. Just before serving add a few drops of lemon juice.

## Fricassee (Brown).

### *Ingredients.*

One ounce Flour. One pound Fish.  
One ounce Butter or Fat.  
Pepper, Salt, bunch of sweet Herbs.  
Blade of Mace, teaspoonful of Lemon Juice.  
One Onion. Half pint of Fish Stock or Water.

Cut up the fish, and roll each piece in a little flour, and fry it a nice brown. Fry one ounce flour in one ounce butter or fat, and stir in a little pepper, ground mace, one onion chopped up, a small bunch of herbs, and a little salt. When this has all fried a good brown, add half pint of fish stock, or water, and stir all together till the flour thickens and is cooked; then strain it, add a teaspoonful of lemon juice or vinegar. Put the pieces of fried fish into this sauce, make all hot together, and serve.

## Fried Plaice.

### *Ingredients.*

One Plaice.  
One Egg.  
Bread-crumbs.  
Fat for frying.

Wash and dry the fish, cut it up into slices or fillets. Dry the pieces with a little flour, mixed with a little pepper and salt, break an egg on to a plate, brush the fish over well with the egg, shake it in some bread-crumbs, press them firmly on with the palm of the hand. Put the pieces of fish into a stewpan of hot fat — they must not touch each other in the fat; when fried brown, take each piece out carefully on to some kitchen paper to drain. Dish in a circle, with fried parsley in the centre.

## Haddock Stuffed and Baked.

### *Ingredients.*

One Haddock.  
Two tablespoonfuls of Bread-crumbs.  
One dessertspoonful of chopped Parsley.  
One teaspoonful of chopped Herbs.  
Pepper and Salt. Two ounces of Suet.  
One Egg. Two ounces of Fat.

Wash the fish clean and dry it in a cloth. Mix two tablespoonfuls of bread-crumbs with the chopped herbs and parsley; add pepper and salt to taste, and two ounces of chopped suet. Stuff the stomach of the fish with this mixture, and sew it up. Egg and bread-crumbs the fish, and truss it in the shape of the letter S. Put it on a greased tin and bake it for half an hour, basting it frequently with dripping. Before serving, take out the cotton which sewed the fish.

## Herring Pie.

### *Ingredients.*

Three Herrings.  
One blade of Mace, ground.  
One Apple.  
One Onion.  
Pepper and Salt.  
One teaspoonful of chopped Parsley.  
Half gill of Water or Fish Liquor.  
Half ounce of Fat or Butter.

Cut off the heads and tails of the herrings, and sprinkle a little pepper, salt, and ground mace over them. Grease a pie-dish, and lay the fish in it. Cover the fish with chopped apple, onion and parsley, and put little pieces of fat or butter on the top. Add half gill of fish-liquor or water. Cover with a nice crust as in conger-pie, and bake one hour.

## Herring Toast Sandwich.

One Bloater.

Choose a bloater for this purpose not too dry, split it in two down the back, lay it upon a plate and pour a pint of boiling water over it, let it soak five minutes; place it upon a cloth to



dry, then broil it very gradually upon a gridiron. When well done, which will be in about five minutes, have ready two thin slices of toast made very crisp, butter them lightly, then take away all bones from the herring, lay the fleshy parts equally upon one piece of toast, and cover with the other. Serve very hot.

## Kedgerree.

### *Ingredients.*

Half a pound of boiled Fish.  
Quarter of a pound of Rice.  
Two Eggs.  
Four ounces of Butter.  
Cayenne Pepper, Salt, and Nutmeg.

Blanch the rice in water and boil for ten minutes; then strain off the water and boil in half a pint of milk; it must be quite soft; rather over-boiled. Boil the eggs very hard; break the fish in pieces, and carefully remove all the bones; take the eggs, break off the shell, and cut the whites into small square pieces. Melt the butter in a stewpan, and add the rice to it; then add the fish, white of egg, cayenne pepper, a little grated nutmeg, and salt. Mix them well together, and serve on a hot dish, and sprinkle the yolks of eggs over it. Dried haddock makes very nice kedgerree.

## Potted Fish.

### *Ingredients.*

Six Herrings or three Mackerel.  
Thirty Peppercorns.  
One blade of Mace.  
One Shalot.  
One gill of Vinegar.  
Salt.

Wash and clean the fish thoroughly; it can be cut into thick pieces, or the head may be taken off, the bone removed; season with a little salt, and roll the herring up. Place the fish in a stone jar with the flavourers and vinegar, tie a piece of brown paper tightly over it and place in a slow oven for two hours, or it may cook in a baker's oven all night.

## Potted Shrimps.

### *Ingredients.*

Shrimps.

Salt. White Pepper.

A very little pounded Mace and Cloves.

Clarified Butter.

Pick the shrimps; sprinkle over them a little pepper and salt, and pounded mace and cloves. Put them into a jar and cook them in the oven for ten minutes. Pound them in a mortar and rub them through a wire sieve. When cold cover with clarified butter.

## Salt Fish Pie.

### *Ingredients.*

One pound Salt Fish.

Two ounces Bread-crumbs.

Parsley, Nutmeg and Pepper.

One teaspoonful of Mustard.

One ounce of Butter or Fat.

Two gills of Milk.

Soak the fish all night, then boil it. Take away the skin and bones, and mince it up finely. Boil the crumbs in the milk with the butter, mustard, pepper, grated nutmeg, and a teaspoonful of chopped parsley; mix all this with the fish, grease a pie-dish and put the mixture into it, cover with a crust of mashed potato, and bake in a quick oven till the potato is a golden brown.

## Steamed Fish.

In a small house, where you have not got a fish-steamer, fish can easily be steamed in a fish-kettle by putting a basin in, and standing the strainer on the basin with enough water to come half-way up the basin. As the water boils away, add more boiling water from the kettle. If you have only a saucepan and no fish-kettle, turn a pie-dish upside down in the saucepan and place the fish on the dish, anything just to raise the fish out of the water, and let it cook in the steam. One thing is quite necessary, and that is a tightly fitting cover to whatever you steam in, to keep the

steam well round the fish, or it will not cook properly, but will get sodden and nasty. Fish takes rather longer to steam than to boil, and some kinds of fish take more cooking than others. When it begins to crack, and leaves the bone easily, it is cooked.

## Stewed Eels (White Sauce).

### *Ingredients.*

One pound of Eels.  
Half-pint of Water.  
One ounce of Flour.  
One ounce of Butter.  
One teaspoonful of chopped Parsley.  
Cayenne Pepper and Salt.

Cut the head off the eel, skin it from the head down, clean it well, cut it up into pieces two or three inches in length, and put it into a stewpan with half-pint of cold water ; when it boils, skim it well, and let it simmer for ten minutes. Mix one ounce of flour into a smooth paste with a little cold water, add a little cayenne pepper and salt, and stir this to the eels ; let it boil about five minutes longer to cook the flour. At the last, stir in one ounce of butter and a teaspoonful of chopped parsley, and serve, putting the pieces of fish in the centre of a dish, and pouring the sauce all around them.

## Stewed Eels (Brown Sauce).

### *Ingredients.*

A pint of good Gravy or Meat Stock.  
One pound Eels.  
One Onion.  
Sweet Herbs.  
Whole Peppers ; a little Salt.  
A blade of Mace.  
A dessertspoonful of Mushroom Ketchup.  
One ounce Butter.  
Half-ounce Flour.

Fry the onion chopped up, with the herbs and the flour in the butter, till a nice brown ; then stir in the pint of gravy, the mace

and peppers, and a pinch of salt. Cut the eel up into pieces and add it; let it stew slowly till the fish is cooked, about half an hour. Take out the fish, add a spoonful of mushroom ketchup to the sauce, give it a quick boil up, strain it over the fish, and serve very hot.

## Stewed Conger.

### *Ingredients.*

One pound of Conger.  
 Half-pint of Water.  
 Cloves, Mace, Whole Pepper.  
 Herbs, Thyme, Marjoram, and Bay-leaf.  
 Parsley.  
 One Onion.  
 One ounce of Flour.  
 One ounce of Butter.  
 One gill of Milk.

Cut up the fish into convenient pieces, and cook it gently in half-pint of water, with one small onion cut up, a blade of mace, three cloves, a few whole peppers, and a bunch of herbs. When cooked take out the pieces of fish and strain off the liquor; mix one ounce of flour with one ounce of butter, stir it into the liquor over the fire until the flour is cooked, then add one gill of milk, a pinch of salt, and a little chopped parsley. Pour this sauce over the fish and serve.

## Scolloped Fish.

### *Ingredients.*

Cold cooked Fish of any kind.  
 Bread-crumbs.  
 Butter.  
 Pepper and Salt.  
 Fish Liquor.

Butter a scollop tin, sprinkle on it a layer of bread-crumbs, then a layer of fish broken up into pieces, some pepper, salt, and bits of butter; cover this with more bread-crumbs and bits of butter, pour on a little drop of fish-liquor and bake ten minutes.

## Stewed Oysters.

### *Ingredients.*

Two dozen Oysters. A few drops of Lemon Juice.  
 One ounce of Butter. Half ounce of Flour.  
 One gill of Cream or Milk.  
 A little Salt. White Pepper.

Stew the oysters in their own liquor ; when they are just coming to the boil, skim them ; take them up and beard them, and lay them on a dish. Strain the liquor ; mix the butter and flour together in a stewpan ; add the liquor, cream, salt, pepper, and a few drops of lemon juice ; and boil for five minutes to cook the flour. Put the oysters in this sauce to get hot through—they must on no account boil. Serve in a dish with croutons of bread round.

## Very Simple Water Souché.

### *Ingredients.*

Plaice, Dabs, or Flounders.  
 Water.  
 Salt.  
 Parsley.

Take plaice, dabs, or flounders, wash them clean, cut off the fins, and put the fish into a stewpan with just enough cold water to cover them ; add a little salt and a good bunch of parsley ; boil gently till the fish is cooked. Strain the liquor into a tureen, put in the fish and a teaspoonful of finely chopped parsley. Hand parsley and butter sauce.

## Water Souché (another way).

### *Ingredients.*

Flounders or Dabs.  
 One Onion.  
 One small Carrot.  
 Parsley.  
 Salt.  
 One gill of Milk.

Thoroughly clean the fish, and put it into a saucepan with cold water—enough to cover it; add a little salt, the onion and carrot shredded, and a handful of parsley chopped finely. Boil gently till the fish is cooked, then add as much milk as will turn the water white, about one gill. Serve all together in a soup tureen.

## Grilled Fish.

Mackerel, herring, pilchards, and dried salmon are generally grilled. The gridiron bars must be greased, and the fish peppered before it is put on. When it is done a little salt, and, if liked, a little butter is put on. Salmon is sometimes wrapped in greased writing paper to broil. A slice of salmon takes a quarter of an hour to broil.

# M E A T.

## A la Mode Beef. No. 1.

### *Ingredients.*

One Cow-heel.  
One Ox-cheek.  
Three ounces of Dripping.  
Three Carrots.  
Six Onions.  
One bunch of Herbs.  
Two tablespoonfuls of Flour.  
Pepper and Salt.

Wash the ox-cheek well, rub some salt over it, and cut it up into neat pieces about one inch square; cut the meat off the bones of the cow-heel into neat pieces.

Flour the pieces of ox-cheek and fry them in three ounces of dripping in a large saucepan; slice the carrots and onions, and put them with the bunch of herbs into the saucepan; add the pieces of cow-heel and the proper quantity of water, allowing one pint of water to every pound of meat.

Put two tablespoonfuls of flour into a basin, mix it to a smooth paste with a little cold water; stir the paste smoothly into the saucepan, add pepper and salt to taste. Let the stew boil up and simmer gently for three hours. Stir it often; serve in a large dish or soup-tureen. The bones of the cow-heel may be put in the stock-pot.

## A la Mode Beef. No. 2.

### *Ingredients.*

One pound of Beef pieces or Ox-cheek.  
 Half a Cow-heel.  
 Three good-sized Onions.  
 One Carrot. A bunch of Herbs.  
 Two tablespoonfuls of Flour.  
 Two quarts of Water.  
 Pepper and Salt.  
 One ounce of Fat or Butter.

Wash the meat well and cut it up small, cut the onions and carrot into slices, add the herbs; fry all this for a few minutes in the fat, then add the flour, and when it is brown pour in two quarts of water, a little pepper and salt; let this stew for two hours. Make a few dumplings from the recipe for the paste for Rabbit Pudding; boil these for twenty minutes, and the stew is ready to serve.

## Baked Joint.

Weigh the joint and allow fifteen minutes to every pound of meat, or twenty minutes if the joint is solid meat without any bone. To bake a joint you require a double tin which holds hot water, so that the steam from the water prevents the dripping from the meat from burning and making an unpleasant smell. Place the trivet the meat stands on, on the hot water tin, flour the meat and put it on the trivet in the oven. For the first five minutes keep the oven very hot, then open the ventilator to allow the steam to escape, or the meat will be sodden. Baste the joint and turn it over occasionally; just before serving sprinkle a little salt over the joint. Make the gravy as for roast joint (see page 44).



## Boiled Cow-heel.

### *Ingredients.*

One Cow-heel.  
 Water or Milk to cover it.  
 Two tablespoonfuls of Flour.  
 Chopped Onions.  
 Pepper and Salt, and chopped Parsley.

Cut up the cow-heel and wash it well, put it into a saucepan with enough milk or water to cover it, add the chopped onions, pepper and salt; let it boil for one hour. Mix two tablespoonfuls of flour with a little cold water and stir to the cow-heel to thicken the broth; let this cook for ten minutes; just before serving stir in some chopped parsley.

## Boiled Joint.

Put a saucepan full of water on the fire to boil. Weigh your joint and allow fifteen minutes to every pound, unless it is pork, and that requires twenty minutes to every pound to cook it. Put fresh meat into boiling water with a little salt, and draw the saucepan off the fire as soon as the joint is in, so that it may only simmer until it is done. Salt meat must be put into warm water and brought to the boil, then allowed to simmer until it is done. When the joint is cooked, serve it on a hot dish, with a teacupful of the liquor it was boiled in poured over it. The rest of the liquor may be served for soup, if it is not too salt, and if no vegetables have been boiled with the meat.

## How to Truss and Boil a Fowl.

Take a fowl that has been already plucked and put it on a board. Prepare it and clean it in the same way as described in "Trussing a Fowl for Roasting." Take a sharp knife and cut off the claws, and the end of the legs of the fowl to the first joint. Take a twist of paper, or taper, and light it. Take the fowl up by its legs, and hold the lighted paper under it to singe off the little hairs. Then hold the fowl up by its wings and singe the other end.

We must be careful in singeing not to blacken or mark

the fowl in any way. Turn the fowl on its back with the tail towards you. Put the hand through the incision (made for drawing the fowl), and pass two fingers round the inside of the leg so as to loosen the outside skin. Draw this outside skin right off the legs, and press the legs well into the sides of the fowl, forcing the breast up to give the fowl a good shape. Pull this outside skin and turn it neatly inside the fowl over the joints of the legs. Turn the fowl on its breast, and draw tightly the breast skin over the incision on to the back of the neck. Cross the ends of the wings over the back of the neck. Turn the fowl on its back again with the neck towards you. Take a trussing needle and thread it with fine twine, and pass it through the bottom of one thigh, through the body, and out on the other side through the other thigh. Now turn the fowl on its breast, and take the threaded trussing needle again and pass it through the middle of the pinion or wing, through the little bone, called the sidesman or stepmother's wing, catching up the skin which folds over the incision, and out through the other little bone and wing. Pull this twine very tightly and tie it as firmly as possible at the side of the fowl. Turn the fowl over on its back once more keeping the neck still towards you. Put the finger in the incision (made for drawing the fowl), and lift up the end of the breast bone. Take the threaded trussing needle and pass it through the skin over the bottom of the breast bone, over one leg, back through the body close to the backbone, and tie it firmly over the other leg at the side. Take a piece of kitchen paper, butter it well, and wrap it round the fowl. Take a large saucepan half full of hot second white stock or water, and put it on the fire.

The reason why second white stock should be used is that the goodness which comes from the fowl after boiling adds to the goodness of this stock, which can afterwards be used for soup.

If hot water be used the goodness which comes from the fowl after boiling is only wasted as it is not of sufficient strength to make the large quantity of water of any use. When the water is quite boiling, put the fowl in the saucepan breast downwards, add one carrot which has been scraped, a small onion, which has been peeled, and a bouquet of herbs for flavouring. The fowl will take from three-quarters of an hour to one hour to boil, according to its size. It must not boil fast, only simmer.

Egg sauce to be served with boiled fowl.

If liked, the eggs can be omitted, and only plain white sauce poured over the fowl for serving. Take a small saucepan full of hot water, and put it on the fire to boil. When the water is quite boiling, put in two eggs to boil for ten minutes. Take a stewpan and put in it one ounce of butter and one ounce of flour, mix them well together with a wooden spoon and pour in half a pint of milk and stir the mixture over the fire with a wooden spoon until it boils and thickens. When the eggs are sufficiently boiled, take them carefully out of the saucepan with a spoon, knock them against the edge of a basin to break off all the shell, cut the eggs in half and take out the yolks, putting the whites into cold water until wanted to prevent their turning yellow. Then cut them to the shape of small dice and add the pieces of white of egg to the sauce in the stewpan and stir to it one gill of cream. Move the stewpan to the centre of the fire, and stir well till it boils again.

Be careful in stirring not to break the pieces of egg. When the fowl is sufficiently boiled take it out of the saucepan; take off the buttered paper, and place the fowl on a hot dish. Take a knife and cut the twine, and draw it all out of the fowl. Take the stewpan off the fire and pour the sauce over the fowl. Take a wire sieve with the hard-boiled yolks of the eggs, place it over the fowl and rub the yolks through on to the breast. It is then ready for serving.

The neck, gizzard, liver, heart, and claws of the fowl (namely, the giblets) should be put aside, and when properly prepared can be used for soup or should be put in the stock pot.

To clean and prepare the giblets for use. (a) Take the gizzard, cut it very carefully with a knife down the centre, where there is a sort of seam (be sure only to cut the first or outer skin), and draw off the outer skin without breaking the inside, which should be thrown away. (b) Take the outer skin of the gizzard, the heart, and liver, wash them well in water, and dry them in a cloth. (c) Take the neck, cut off the head, which is of no use, draw the skin off the neck, and wash the latter well in water, so as to remove the blood and any impurities. (d) Put the claws and ends of legs in a basin of boiling water for some minutes, then take a knife, cut off the nails, and draw off the outer skin which can be pulled off like a glove.

## Boiled Pork.

Wash the joint, then put it into a saucepan and cover it with warm water : let it gradually come to a boil, skim and simmer till tender. Allow twenty minutes to the pound.

## Boiled Pig's Head.

One Pig's Head.

Take out the brains and throw them away and wash the head thoroughly, carefully removing the veins and splinters of bone, then lay the head in pickle (see Pickle for Meat) for three days, after that time put it on to boil with sufficient water to cover it ; when boiling, let it simmer for two hours. Serve with onion sauce.

## Plain Boiled Calf's Head.

Clean the head nicely and lay it in salt and water to soak ; take out the tongue and brains. Boil the head until it is very tender, about three hours. Cook the tongue and brains separately, When cooked serve with the tongue and brains placed in the middle of the head. Boiled bacon and greens should be eaten with it, and parsley and butter sauce.

Cold calf's head makes a *very good* hash, or it is very good grilled.

## Brawn.

*Ingredients.*

Half a Pig's Head.	Four Cloves.
Forty Peppercorns.	Twelve Allspice.
Two blades of Mace.	A bunch of Herbs.
One small Onion.	

Wash the pig's head in tepid water, take the brains out and throw them away, and cut out all the veins and splinters of bone. Lay the head in pickle (see Pickle for Meat) for three days ; after that time put it in a saucepan of cold water to boil ; when boiling let it simmer gently for one hour and a half. When the pig's head is sufficiently boiled, take it out of the saucepan and cut all

the meat off the bones and into the shape of dice. Put the bones back into the saucepan with the liquor in which the head was boiled, the peppercorns, mace, cloves, allspice, and the bunch of herbs. Peel two onions, cut them in quarters, and put them also into the saucepan and let it boil for half an hour; after that time strain one quart of the liquor into a basin, and then pour it back again into the saucepan, add the pieces of meat to it and season with pepper and salt, and let it come to a boil. Rinse a mould or basin with cold water and pour the meat and liquor into it, and stand it aside to cool; when cool, turn it out of the basin on to a dish.

## Brain Cakes.

### *Ingredients.*

Calf's Brains.  
One Yolk of Egg. Chopped Parsley. Nutmeg.  
Grated Lemon Peel. Salt.

Take the brains of a calf and wash them; then cook them in water with a little salt. Beat the brains up well with the yolk of an egg, a little chopped parsley, salt, grated nutmeg, and lemon peel. Fry them like small pancakes, in butter, till a golden brown.

## Brazilian Stew.

### *Ingredients.*

Four pounds of shin or sticking of Beef.  
Two Carrots. Two Turnips.  
Four Onions.  
A bunch of Herbs.  
Pepper and Salt.  
One gill of Vinegar.

Cut the meat away from the bone and into neat pieces. Wash the carrots and turnips, cut them up with the onions, and put them into a saucepan with the meat, sprinkling a little salt and pepper over them, then add the bunch of herbs. Cover the contents of the saucepan with vinegar, shut the lid down tightly, and let it simmer gently for at least three hours. Serve on a hot dish or soup-tureen.

## Boiled Rabbit.

Wash the rabbit well in warm water, clear out all the blood from the head and neck, truss into a proper shape, and put it into boiling water and let it boil gently for one hour ; if a small one, forty minutes.

Serve the rabbit with onion sauce or parsley and butter.

## Cornish Pasties.

### *Ingredients.*

Half a pound of Buttock Steak or Beef Skirt.

Half a pound of Potatoes.

One Onion.                      One pound of Flour.

Six ounces of Dripping.

Salt and Pepper.

One teaspoonful of Baking Powder.

Cut the meat into small pieces, wash and peel the potatoes and cut them into dice, chop the onion up finely, mix them all together on a plate, with pepper and salt, and two tablespoonfuls of cold water. Put one pound of flour into a basin, rub the dripping into it, add the baking powder and sufficient water to make it into a stiff paste. Flour a board and put the paste on it ; roll it out about a quarter of an inch thick. Cut the pastry into pieces six or seven inches square, and place a little of the meat and potato and onion in the centre of each ; fold the pastry over the meat. Place on a baking sheet, brush over with a beaten-up egg, and bake from half to three-quarters of an hour. This is sufficient to make eight pasties.

## Curried Rabbit.

### *Ingredients.*

One Rabbit.                      Three ounces of Fat.

Two Onions.                      One Apple.

One tablespoonful of Curry Powder.

One teaspoonful of Flour.

Half pint of good Stock.                      One Lemon.

Half a teaspoonful of Salt.

Put the fat into a stewpan to melt ; peel and chop up the onions, and drop them into the melted fat, and fry a light brown.



Wash and dry the rabbit, and cut it into pieces of an equal size. When brown, strain the onions, and put the fat back into the stewpan, and put the pieces of rabbit in to fry for ten minutes; then add the curry powder and salt to rabbit, and stir well over the fire for twenty minutes. After that time put in the fried onions, the chopped apple, and the stock, and let the whole simmer for two hours, then stir in the lemon juice. When done, arrange the rabbit neatly, and pour the sauce round it. Serve with boiled rice.

## Curry of Cold Meat.

### *Ingredients.*

Two pounds of cold Meat.

One large Onion. One Apple. Teaspoonful of Salt.

Two ounces of Butter. One and a quarter pints of good Gravy.

One tablespoonful of Flour.

One tablespoonful each of Curry Powder, Grated Cocoanut, and Lemon Juice. A *little* Garlic.

Slice the onion, chop up the apple and garlic, and cut the meat into small pieces. Fry all the vegetables and apples in the butter a nice brown. Then add the flour, the curry powder and cocoanut mixed; stir well together and add the salt; pour on the gravy or stock, and cook for one hour; add the lemon juice and the meat; let it get hot through, but do not boil it. Rice must be either handed separately, beautifully boiled, or else the curry may be served in a border of rice.

## Giblet Pie.

### *Ingredients.*

Two sets of Giblets.

Half a pound of Steak.

Three-quarters of a pound of Flour.

Six ounces of Fat.

Seasoning.

Prepare and thoroughly clean giblets; put them into a stewpan well covered with cold water; bring them to the boil. Well skim, then add the salt, and simmer for four hours. Cut the giblets into



regular sized pieces, and arrange them in a pie-dish with the meat cut as for a steak-pie. Pour in the stock from the giblets, and well season. Put the flour into a basin with the salt, and rub in the fat; mix into a paste with cold water. Put the paste on a floured board, roll out rather larger than the dish; cut as trip off, and line the edge of the dish, then lay on the paste for the top. Decorate and bake two hours.

## Haricot Mutton.

### *Ingredients.*

Two pounds of scrag end of neck of Mutton.]  
 Two Onions.  
 Two Carrots.  
 Two Turnips.  
 One ounce of Dripping.  
 One ounce of Flour.  
 Pepper and Salt.  
 Three-quarters of a pint of Water or Stock.

Cut the mutton into pieces, and fry it brown on both sides in one ounce of dripping. Take out the pieces of meat and stir in the flour, allowing it to brown in the dripping; stir in three-quarters of a pint of water or stock, and put back the meat. Cut the carrots, onions, and turnips into dice; add these vegetables to the saucepan, season with pepper and salt to taste; skim well. Move the saucepan to the side of the fire to simmer gently for two hours. For serving, arrange the meat in a circle, the vegetables in the centre, and the gravy over the meat.

## Irish Stew. No. 1.

### *Ingredients.*

Two pounds of Potatoes.  
 One pound of scrag end of Mutton.  
 Half pound of Onions.  
 Pepper and Salt.

Cut the meat into neat pieces, removing the fat, and put it into a saucepan with about half a pint of water and half a teaspoonful of salt. Let it come to the boil, then skim it very thoroughly, and let it cook gently for about an hour. Wash and

peel the potatoes, cut them in half, skin the onions and cut them into slices ; when the meat has cooked for about an hour add these vegetables, with a sprinkle of pepper and salt, and let all cook slowly together for another hour with the lid on. Irish stew can be made with cold meat and cooked or uncooked onions and potatoes. If the vegetables are uncooked they must be cooked before the meat is added, as the meat, being already cooked, must on no account be allowed to boil again, but must only get thoroughly hot through, on the top of the vegetables.

## Irish Stew. No. 2.

### *Ingredients.*

Two pounds of Potatoes.  
One pound of Pork.  
Half-pound of Onions.  
Three pints of Water.  
Pepper and Salt.

Cut the pork up into pieces, put it on in three pints of water with the onions cut into slices, salt and pepper. When this has cooked for half an hour, add the potatoes peeled and cut in two ; cook all together for about an hour and a half. Any scraps of meat may be added, and all sorts of vegetables, cut up fine if liked.

## Liver and Bacon.

### *Ingredients.*

Two pounds of Calf's or Sheep's Liver.  
One pound of Bacon.  
Two ounces of Flour.  
Pepper and Salt.  
One small Onion.  
Half a pint of Stock.

Cut the bacon into thin slices, take off the rind and place the slices in a frying-pan. Wash the liver and dry it : cut it into slices of about one-third of an inch in thickness.

Put one ounce and a half of flour with some pepper and salt on to a plate, dip each piece of liver into it.

Let the frying-pan get hot ; fry the bacon first, turning it once, put it on a hot dish, and put the pieces of liver in the pan, a few

at a time, as they must not be on the top of each other. Fry the liver for a quarter of an hour, cut a slice to see if it be sufficiently cooked ; if it is not done, the inside will look red. When the liver is all cooked, put it on the same dish with the bacon ; stir the other half ounce of flour into the frying-pan ; when the flour is brown, add the stock, stir till it boils and thickens ; pour this sauce over the liver in the centre of the dish.

If a fried onion is liked, it should be cooked after the liver is done and before the gravy is boiled. Serve it on the top of the liver.

## Pickle for Meat.

### *Ingredients.*

One pound of Salt.  
Six ounces of brown Sugar.  
One ounce of Saltpetre.  
One gallon of Water.

Put all these ingredients into a large saucepan and let it boil for five minutes, skimming it all the while, then strain it into a large basin, and when it is cold the meat can be put in it and should be kept in it five days.

## Pigeon Pie.

### *Ingredients.*

Four Pigeons.  
Half-pound of Steak.  
A little Bacon.  
A small Onion.  
Half-pint of Stock.  
Two hard-boiled Eggs.  
One ounce of Butter.  
Parsley and Thyme.

Cut the birds in half. Cut up the steak into nice pieces, and some small slices of bacon. Put all this into a stewpan with the sliced onion, add salt and pepper, cover with stock or water, and cook till tender. Strain off the stock. Put a piece of *Maitre d'Hôtel* butter, made of chopped thyme and parsley, also a quarter of a hard-boiled egg into each half pigeon ; lay these in a pie dish with the pieces of steak and bacon, and strain over the stock they were cooked in. Put on a crust of rough puff pastry, and bake till the crust is cooked ; egg over.

## Pork Pie.

### *Ingredients.*

One gill of Milk.  
 Quarter of a pound of Lard.  
 One pound of Pork.  
 Seasoning.  
 One pound of Flour.      One Egg.

Put the lard and a gill of milk into a saucepan, and let it boil. Cut the pork into small square pieces. Put the flour into a basin, and when the lard and water are quite boiling pour them into the middle of the flour and mix well together with a spoon, and when it is cool knead it with the hands, and then turn it out on a floured board; cut off a quarter of the paste and shape the rest into shape of a basin, and cut it even round the top. Dip the pieces of pork into cold water, and season them well with pepper and salt. Put them into the mould of paste, then put the other piece of paste over the top of it, pressing the two edges together. Break the egg into two cups, dividing the yolk from the white, put a little of the white on the edge of the mould. Cut the leaves out of the remaining paste, dip them in the white of egg and stick them on top of the pie, then wet the pie all over with the yolk of egg and put it in the oven to bake for two hours. Reduce some good veal or pork stock and pour into the pie before it is cold.

## Rabbit Pie.

### *Ingredients.*

One Rabbit.  
 Half a pound of Bacon or Salt Pork.  
 Half a pound of Beefsteak.  
 Salt and Pepper.  
 One teaspoonful of chopped Parsley.  
 Three-quarters of a pound of Flour.  
 Six ounces of clarified Dripping.

Make the paste as for meat pie (see page 51). Wash the rabbit well in cold water, wipe it dry, and cut it up into neat pieces of an equal size. Cut the pork and beefsteak into slices. Arrange the rabbit, bacon, and beef in a pie-dish, and sprinkle over them the chopped parsley, pepper, salt, and a little cold water or stock. Cover with the paste, and bake in a hot oven for two hours till it is a pale brown.

## Ragout of Mutton.

### *Ingredients.*

Two pounds of scrag of Mutton.  
Two ounces of clarified Fat.  
Two tablespoonfuls of Flour.  
One saltspoonful of Pepper.  
Half a teaspoonful of Sugar.  
One teaspoonful of Salt.  
Bouquet of Herbs.  
One Onion.

Take the mutton and cut it into pieces about two inches square ; put the fat into a saucepan, and when melted add the flour ; stir with a wooden spoon till it forms a brownish roux, then add the meat and stir for twenty minutes ; add a pint of water, the salt, pepper, sugar, and herbs. Stir it till it boils, and let it simmer for an hour. Having previously peeled the turnip and onion, and scraped the carrots, cut them up into small pieces of an inch square, put some fat in the frying-pan, and fry till brown, then add them to the meat. When ready to serve take out the meat and vegetables, squeeze the bouquet, which throw away, skim off the fat, and add a little broth or water. Dish it up by placing the pieces of meat in a circle, and the vegetables in the centre ; pour the sauce over, and serve very hot (if not, it is spoiled). A few fresh vegetables, cut in small pieces, can be boiled separately in water and served on the top of the Ragout if liked.

## Ragout of Rabbit.

### *Ingredients.*

One Rabbit.  
Half a pound of Bacon.  
One Carrot. One Onion.  
One ounce of Flour.

Wash and clean the rabbit, cut it up into joints, and dry the pieces in a cloth. Cut the bacon into slices, and fry it in a stewpan ; when the bacon is done, fry the rabbit brown. Take the rabbit up on to a plate, and stir the flour into the fat ; when it is brown put in three quarters of a pint of water, with the carrot and onion cut in

quarters ; pepper and salt to taste. Boil gently an hour and a half. Serve the rabbit with the bacon round, and the gravy poured over it.

## Pork or Bacon Pasties.

### *Ingredients.*

One pound Flour.  
Two ounces of Fat.  
One Onion.  
Pepper, Salt.  
Half-pound of pieces of Pork or Bacon.  
Half-pound Potatoes, cut up small.

Rub the fat and flour together and mix it up with sufficient water to make a paste, roll it out about as thick as for Cornish pasties, cut it out with a saucepan lid. Sprinkle salt and pepper on the pieces of pork, lay two or three pieces on each round of paste, also some of the chopped-up potatoes and onions. Close up the pasties and bake them for about three-quarters of an hour. If preferred, you can put all the pork and vegetables into the paste, tie it up in a floured cloth and boil for one or one and a half hours. This would be a pork roly-poly.

## Roast Joint.

To roast a joint, have a well-made-up clear fire. Weigh your joint, and allow a quarter of an hour to each pound of meat, and one quarter of an hour over ; white meats, such as veal or pork, take a little longer. Put the meat close to the fire for the first five minutes, to close up the pores and keep the gravy in, then draw it farther away. Baste it often, and see that it does not burn. For the last quarter of an hour put the joint closer again to the fire, to brown the outside. When the meat is cooked, take it up on a hot dish ; pour all the dripping from the pan into a basin for future use when cold. Pour about one gill of stock or hot water into the dripping-pan, scraping the brown particles off which adhere to the pan and which colour the gravy, pouring this round the joint, not over it, as that would sadden the meat. When the joint is cut, the juices will run out, and added to the stock already in the dish will make a good gravy.

## To Truss and Roast a Fowl.

Take a suitable fowl that has been already plucked and put it on a board. Turn the fowl on its breast and make an incision of an inch long down the neck, three inches below the head. Pass the thumb round this incision and loosen the skin. Take a sharp knife and put it under the skin and cut off the neck as near the body as possible. Be careful in cutting off the neck to leave a piece of skin to fold over on to the back of the neck and cover the opening. Take out the crop which lies in the front of the neck. Then with the finger loosen the liver and the other parts at the breast end. Now turn the fowl round and make an incision at the vent, about one inch and a half wide. Put the hand through the incision into the body and draw out all the interiors carefully, so as not to mess the fowl. Be very careful not to break the gall bag or the liver will be spoiled. The liver, heart, and gizzard should be put in a basin of water, with about half a teaspoonful of salt; the other interiors should be thrown away. Look through the fowl from one end to the other and see that it is perfectly cleared out. Take a damp cloth and wipe out the inside of the fowl to clean it thoroughly.

If the fowl is not quite fresh, use a little vinegar and water on the cloth used for cleaning it, and then take a clean cloth and wipe it quite dry. Take a sharp knife and cut off the claws. Take a basin of boiling water, and hold the end of the legs of the fowl in the water for a minute or two. Then take off the outside skin as far as to the first joint. Take a twist of paper or taper and light it. Take the fowl up by its legs and hold the lighted paper under it to singe off the little hairs. Then hold the fowl up by its wings and singe the other end.

Be careful in singeing not to blacken or mark the fowl in any way. Turn the fowl on its breast, and draw tightly the breast skin over the incision on to the back of the neck. Cross the ends of the wings over the back of the neck. Turn the fowl on its back with the neck towards you. Take a trussing needle and thread it with fine twine. Hold the legs up and press the thighs well into the sides of the fowl, forcing the breast up to give the fowl a good shape. Take the threaded trussing needle, and pass it through the bottom of one thigh, through the body, and out on the other side through the other thigh.



If liked, a part of the gizzard and liver (when cleaned, see Note at the end of Trussing a Fowl for Boiling) can be put into the wings of the fowl. Now turn the fowl on its breast, and take the threaded trussing needle again, and pass it through the middle of the pinion or wing, through the little bone called the sidesman or stepmother's wing, catching up the skin which folds over the incision, and out through the other little bone and wing. Pull this twine very tightly and tie it as firmly as possible at the side of the fowl. Turn the fowl over on its back, keeping the neck still towards you. Put the finger in the incision (made for drawing the fowl) and lift up the end of the breast bone. Take the threaded trussing needle and pass it through the skin over the bottom of the breast bone, over the end of one leg, back through the body close to the back bone, and tie it firmly over the other leg at other side.

If there is no gravy ready for serving with the roast fowl, prepare it now (see Note at the end). Make up the fire in the same manner as described in roasting.

We do not require such a large fire as for roasting meat. Take the trussed fowl and pass the hook of the jack through the back of the fowl and hang it up on the jack.

If the fire is very fierce, take a piece of whitey-brown paper, butter it, and tie it over the fowl so as to prevent it from burning. Put one ounce of butter in the dripping pan to melt and use this melted butter to baste the fowl, as the fowl is not very fat there will not be much dripping from it. It will take from half an hour to three-quarters of an hour to roast, according to its size. Baste frequently.

While the fowl is roasting, make the bread sauce.

If liked, the roast fowl can be garnished with rolls of bacon. When the fowl is quite done, take it off the jack and put it on a hot dish. Take a knife and cut the twine, draw it all out of the fowl, and take off the paper.

### Bread Sauce.

Take a French penny roll, or a gill of breadcrumbs, and cut it in half, pull out all the inside crumb, and put it on a plate. Pull this crumb apart into small pieces, take a small onion and peel it with an onion knife, take a small stewpan and put in it the peeled onion, pour in half a pint of milk, now put in the crumb of the

roll, add five peppercorns and salt to taste. Stand the stewpan aside with the lid on, for a quarter of an hour, to soak the crumb. After that time put the stewpan on the fire, and stir the sauce smoothly with a wooden spoon until it boils. Now add a tablespoonful of cream, and stir the sauce until it just boils again. Before serving the sauce, take out the onion, and pour the sauce into a sauce-tureen.

The neck, gizzard, liver, and claws of the fowl, when properly prepared (see Note at the end of Trussing a Fowl for Boiling) can be used for soup, or gravy to be served with the roast fowl. For making the gravy, put the giblets into a saucepan with enough water to cover them (about half a pint), also add half an onion (peeled), six peppercorns, and salt to taste. Put the saucepan on the fire, and when it comes to the boil, move it to the side to simmer while the fowl is roasting. For serving, strain the gravy into a basin and colour it, if necessary, by stirring in a quarter of a teaspoonful of "Liebig's Extract," or ten or twelve drops of caramel, then pour it in a sauce tureen, or round the fowl.

## Roasting in a Stewpan.

### *Ingredients.*

A Calf's Heart.  
Two ounces of Dripping.  
Two tablespoonfuls of Bread-crumbs.  
Two tablespoonfuls of chopped Suet.  
One tablespoonful of chopped Parsley.  
One teaspoonful of Lemon Thyme and Marjoram.  
Pepper and Salt.  
One Egg, or a little Milk.

Clean the heart well, soaking it in warm water to draw out the blood; while it is soaking make the stuffing. Mix well together the bread-crumbs, chopped suet, parsley, lemon thyme, marjoram; sprinkle a little pepper and salt, and bind these ingredients all together, with one egg or a little milk. Take the heart, dry it with a clean cloth, cut off the deaf ears, and stuff it with the stuffing just made; sew it up, and put it in a stewpan with two ounces of dripping, over a very slow fire; baste it frequently, and turn it over occasionally. A bullock's heart takes two hours and a calf's heart one hour to cook. Serve with brown sauce.

## Roast Rabbit, Stuffed.

### *Ingredients.*

One Rabbit.  
 Quarter of a pound of Bread-crumbs.  
 Two ounces of Suet.  
 One teaspoonful of chopped Parsley.  
 One teaspoonful of chopped Herbs.  
 A little grated Lemon-rind and Nutmeg.  
 Salt and Pepper.  
 Two tablespoonfuls of Milk.

Wash the rabbit well in cold water and wipe it well inside. Chop the suet, herbs, and parsley, taking away all the stalks, then mix the suet, herbs, bread-crumbs, salt, pepper, and the milk well together, and grate a little nutmeg over it. Fill the inside of the rabbit with this stuffing and sew it up with string. Grease a piece of paper and wrap it round the rabbit to prevent its burning, and put it in a tin with a little dripping; put the tin in the oven to bake for one hour, basting it frequently. When nearly done, remove the greased paper and sprinkle a little salt over the rabbit. When done, serve with brown sauce.

## Roast Veal Rolled.

### *Ingredients.*

Breast of Veal.  
 Three ounces of Bread-crumbs.  
 Two ounces of chopped Suet.  
 One ounce of chopped Parsley.  
 A saltspoonful of mixed Herbs.  
 A little grated Lemon-peel.  
 A little Milk or one Egg.  
 Pepper and Salt.

Bone the veal, put the bones on to make gravy. Mix the bread-crumbs, suet, herbs, parsley, lemon-peel, pepper and salt together, and add enough milk or the egg to bind them; spread this forcemeat over the veal; roll it up and tie it round with fine string, and either bake it or roast it. The gravy for veal should be thickened with a little flour.

## Sausages.

### *Ingredients.*

One pound of Sausages.  
One ounce of Dripping.  
One ounce of Bread.

Melt the dripping in a frying-pan. Prick the sausages to prevent them bursting. Put them into the pan and fry brown all round; they will take seven minutes. Serve on a square of fried bread, or on mashed potatoes.

## Sausage Rolls.

### *Ingredients.*

Half a pound of Sausages.  
Seasoning. One Egg.

Cut the sausages in half lengthways and then in half again, skin them. Make the pastry as for meat pie (page 51). Put the pastry on a floured board, roll it out till it is about the eighth of an inch thick, cut it into pieces about three-quarters of an inch square; place a piece of sausage on the paste, fold the paste over, press the ends together, and flake the cut edges with the blade of a knife. Grease a baking tin and place the sausage rolls on it. Break the egg on to a plate and beat it slightly with a knife and brush over the top of each roll. Place the tin in the oven to bake for half an hour; when done, take the rolls off the tin and put them on a dish.

## Scotch Collops.

### *Ingredients.*

Half a pound of Steak.  
One ounce of Butter.  
One Onion, minced finely.  
Half a saltspoonful of Salt and Pepper.  
Gill of Stock or Water.

Mince the steak, then dissolve the butter, and fry the meat light brown, sprinkle over with a little flour; then add the stock or water, the minced onion, seasoning, and simmer for one hour. Serve with sippets of toast.

## Sea Pie.

### *Ingredients.*

Two pounds of Buttock Steak.  
 One small Onion, one small Carrot.  
 Pepper and Salt.  
 Three-quarters of a pound of Flour.  
 Quarter pound of Suet.  
 One teaspoonful of Baking Powder.

Cut the meat into thin slices, peel the onion, cut the carrot into small pieces, season the pieces of meat with pepper and salt and put them into a large saucepan in layers, sprinkling the chopped vegetables on each layer, and pour in enough cold water to cover the meat; let it come to a boil, and then let it simmer one hour and a half. While it is doing so make the crust. Chop the suet very finely, put the flour, salt, and baking powder into a basin and mix well together, then rub in the suet, and add enough water to make it into a smooth, very stiff paste, then turn it out on to a floured board and roll it out to the size of the saucepan. Put this paste over the meat in the saucepan and let it simmer gently for one hour and a half. Do not let the paste be quite the size of the saucepan, as it will swell while cooking, and keep the lid on. When done, turn out the meat and vegetables and place the crust, previously removed, over them.

## Sheep's Head Boiled.

### *Ingredients.*

One Sheep's Head.  
 Salt.  
 One ounce of Rice. }  
 Ten Peppercorns.  
 Two Turnips.  
 One Carrot.      One Onion.  
 Half a small head of Celery.  
 One sprig of Thyme.  
 Two sprigs of Parsley.  
 Toasted Crusts of Bread.  
 One ounce of Flour.  
 One ounce of clarified Dripping.

Cut the head in half, take out the brains, wash them and put them into cold water, with a little salt. Wash the head and

tongue thoroughly. Cut away all the small bones in the nostril, clean out the eyes, and cut off the hair, then allow the head and tongue to soak in salt and water for an hour. Put the head and tongue into a saucepan, cover with cold water, gradually bring it to the boil, and take off very carefully every particle of scum. Allow the head to simmer one hour and a half, then add the vegetables cut into large pieces, the herbs, rice, and seasoning. Half an hour before the head is done, tie the brains in muslin and put them in to boil for ten minutes. Make sauce of the flour and dripping, adding about half a pint of the liquor to them, and move it to the side of the fire. Take out the brains and chop them up, and add them to the sauce. Take out the turnips and mash them. Place the head on a dish, garnish with the tongue, pour the sauce over, and put the mashed turnip and other vegetables over it ; serve with sippets of toast.

## Sheep's Trotters.

### *Ingredients.*

A gang of Trotters (four).  
A tablespoonful of Vinegar.  
One Carrot.      One Onion.  
One ounce of Flour.

Wash the trotters well in cold water, and blanch them. Put them in a stewpan with a carrot, an onion cut up, a tablespoonful of salt, one of vinegar, and two quarts of cold water. Mix one ounce of flour and one tablespoonful of water to a smooth paste ; stir this to the trotters, and let them simmer for four hours. Then take them up carefully, arrange them on a hot dish, and pour either parsley and butter sauce or piquante sauce over them.

## Meat Pie.

### *Ingredients.*

One pound and a half of Buttock Steak.  
Half pound of Bullock's Kidney.  
Seasoning (Flour, Salt and Pepper)..

Cut the steak into thin pieces and roll them up with a piece of kidney inside each ; put one teaspoonful flour, one teaspoonful salt, and half of pepper on to a plate, mix them together and dip each piece of meat into it. Arrange these rolls of meat and kidney in a pie-dish, and fill up the dish two-thirds with water.

## Spiced Beef.

### *Ingredients.*

Ten pounds of Flank of Beef (boned)  
Two ounces of Saltpetre.  
One pound of Salt.  
Two ounces of brown Sugar.  
Two ounces of ground Allspice.

Well rub the above mixture into the beef, repeat daily for ten days, turning it over; then braize for six hours till quite tender. Take the meat out carefully, press well with weights, glaze, and serve with cold Horseradish sauce.

## Short Pastry for Meat Pies, etc.

### *Ingredients.*

Three-quarters of a pound of Flour.  
Six ounces of clarified Fat or Butter.

Put the flour into a large basin with half a saltspoonful of salt, rub into it the clarified dripping, or, if the dripping is hard, shred it in with a sharp knife; then add, by degrees, sufficient cold water to make it into a stiff paste. Flour a board, and roll the pastry out rather larger than the pie-dish, about one-third of an inch thick; cut a strip off and wet the edge of the dish; place the strip round the dish, wet the edge again and press the remaining piece of pastry over the pie; trim off the rough edges with a sharp knife. Make a hole in the pie to allow the steam to escape whilst baking; ornament the top of the pie with any device you like. Bake it for two hours, putting it into the hottest part of the oven first to make the crust light, and then putting it in a cooler part to cook the meat thoroughly. If you like a better crust, use the following:—

## Rough Puff Pastry.

### *Ingredients.*

Eight ounces of Flour.  
Six ounces of Butter.  
A little Salt.  
Half a tablespoonful of Lemon-juice.

Salt the flour and pass it through a sieve into a basin with half an ounce of butter in a lump, make a well in the centre, put in the lemon-juice, add enough cold water to make it into a stiff



paste. Roll this out twelve inches long and eight inches wide, place the butter in the middle and fold it in three, turn the rough edges towards you, repeat this four times it all. It is now ready for use for meat pies, apple tarts, or tartlets.

## Flaky Pastry.

### *Ingredients.*

Half a pound of Flour.  
Four ounces of clarified Fat or Butter.  
A pinch of Salt.  
One gill of Water (rather less).

Mix the salt with the flour and pass it through a sieve, rub one-third of the butter into the flour and mix with the water into a stiff paste. Flour the board and rolling-pin and roll the pastry out until it is quite thin and narrow. Divide the rest of the butter into three and put one-third on the pastry in little dabs over one-third of the surface; lightly dredge with flour and fold in three. Turn the pastry with the rough edges towards you and roll it out again, add another third of the butter, fold and roll as before. Do this once more, three times in all, then roll into shape as required and use.

## Poor Man's Goose.

### *Ingredients.*

Pig's Fry or Ox Liver.  
Pieces of Bacon or Pork.  
Two Onions, Pepper, Salt, and Sage.  
One pound Potatoes. A cup of Water.

Place the meat, seasoned with pepper, salt, and sage, in a pie-dish, in alternate layers with the onions and potatoes sliced, taking care that the top layer is of potato; add a cup of water and bake.

## Rabbit and Pork Pudding.

### *Ingredients.*

One pound Flour.  
Six ounces of Fat or Suet.  
One Rabbit.  
Some pieces of Pork or Bacon,  
Pepper and Salt,

Rub the flour and fat together, add enough water to make a paste, roll it out ; grease a basin, lay in the joints of rabbit and pieces of pork, season with pepper and salt ; cover the basin over with the paste, tie a floured cloth over it, and boil for two hours.

## Rabbit à la Romaine.

### *Ingredients.*

One Rabbit.  
Three tablespoonfuls of Salad Oil.  
Four Onions.  
One and a half ounces of Macaroni.  
Half a pint of Tomato Pulp.  
One ounce of Flour.  
Half a pint of Stock.  
One tablespoonful of Tarragon Vinegar.  
Salt, Pepper, and chopped Parsley.

Cut the rabbit into joints and sprinkle with the pepper, salt, and parsley. Heat the oil in a frying pan, put in the rabbit and sliced onion, and fry a golden brown. Then stir in the flour ; add the tomato pulp, stock, and vinegar. Simmer until the rabbit is tender. Take out the meat and keep it hot while the sauce is rubbed through a sieve.

Reheat the sauce ; skim it well. Arrange the joints on a hot dish ; pour the sauce over. Boil the macaroni in salt and water, cut into strips about 2 inches long, and garnish with it in little heaps round the dish.

## Stewed Calf's Liver.

### *Ingredients.*

A small Liver of three pounds.  
One pint Stock.  
Two ounces Butter.  
One ounce Flour.  
One Onion, Parsley, Thyme, and Bay-leaf.  
Two Carrots.  
A little Celery.  
Pepper and Salt.  
A little fat Bacon.

Fry the butter, flour and onion ; when a nice light brown, stir in the stock, add the liver, also the carrots, onion, celery, and

bacon all sliced up, the parsley, thyme, and bay-leaf tied together ; sprinkle in a little pepper and salt. Cover the liver over with a piece of buttered paper, put on the lid and let it simmer very gently for two hours, basting it from time to time with the stock it is cooking in. Dish up on a hot dish, strain the stock over it, and serve some nice rashers of bacon rolled up round it.

## Stewed Ox-cheek. No. 1.

### *Ingredients.*

Two pounds Ox-cheek.

Three quarts of Water.

One pound of mixed Vegetables (Carrots, Turnips, Onions, and Celery, chopped up).

Dumplings made from the paste left from the Rabbit Pudding.

Well wash and cut up the ox-cheek, put it on in three quarts of water, add some salt, skim it well, and cook steadily for one hour ; then add all the chopped vegetables and cook steadily for two hours more ; add the dumplings, one for each person, and boil for twenty minutes.

## Stewed Ox-cheek. No. 2.

### *Ingredients.*

Six pounds of Ox-cheek.

Two Carrots. One Turnip.

Half head of Celery. Four Onions.

Bouquet of Herbs.

Twelve Cloves. One blade of Mace. '

Twenty Peppercorns. Salt.

One ounce of Fat. One ounce of Flour.

One ounce of Butter.

Wash the ox-cheek well in warm water, and cut the flesh carefully off the bone, and roll it up and tie a piece of string round it ; then put it into a stewpan with some clarified dripping, and put it on the fire to brown. Wash and scrape the carrots and peel the turnip, and cut them all in half ; peel the onions, and stick the cloves into them ; wash the celery, and cut off the green tops. Put the rolled cheek, the bones, and all these vegetables into a saucepan, and add to them the herbs tied together ; pour in

sufficient cold water to cover it, about six quarts, and bring it to a boil ; then move it to the side of the fire to simmer gently for four hours. When the cheek is nearly done, put the butter into a small saucepan on the fire to melt, stir in the flour ; then take a pint of the ox-cheek stock, pour it into the small saucepan, and stir until it boils and thickens. When the ox-cheek is done, place it on the centre of a hot dish and pour the sauce over it.

## Toad-in-the-Hole. No. 1.

### *Ingredients.*

One pound of Butcher's pieces.  
One and a half pound of Flour.  
One and a half ounce of chopped Suet.  
One pint Skim Milk.  
One teaspoonful of Baking Powder.  
A little Salt.

Wash the pieces of meat and cut them up, put them in a deep dish ; make a smooth batter of the flour, chopped suet, and milk, add the salt and baking powder, pour the batter over the meat, and bake for one hour.

## Toad-in-the-Hole. No. 2.

### *Ingredients.*

Half pound of Flour.  
Two Eggs.  
One and a half pound of Meat.  
Seasoning.  
One pint of Milk.

Put the flour into a basin, make a hole in the centre and break in the eggs, having first ascertained that they are good ; stir in smoothly half the milk, beat it well, and add the rest of the milk.

Cut the meat into neat pieces, season it with salt and pepper, and place it in a greased pie-dish, or Yorkshire-pudding tin. Pour the batter over it, and put into the oven for one hour.

## Steak and Kidney Pudding.

### *Ingredients.*

Six ounces of Suet.

Three quarters of a pound of Flour.

One teaspoonful of Baking Powder.

Seasoning.

One pound and a half of Buttock Steak.

Half a pound of Bullock's Kidney.

Put the flour, baking powder, salt, and the suet chopped finely into a basin; rub them well together, add enough cold water to make it a paste. Cut the steak into slices, also the kidney, and season with pepper and salt. Roll the paste out and line a basin with it, reserving a piece for the top. Place the meat and kidney in the basin, and cover with the remainder of the paste, having put in a little water; join the paste together at the edges, and trim neatly. Wring the pudding-cloth out in boiling water, and tie over the top of the basin with the four corners over the top. Put the pudding into a saucepan of boiling water, and let it boil for two hours. Turn the pudding out of the basin on to a hot dish.

## Stewed Breast of Veal.

### *Ingredients.*

Breast of Veal. Two Onions.

Two Carrots. Two Turnips.

Twenty Peppercorns.

Salt to taste.

Put the veal into a saucepan, and well cover it with hot water; bring to the boil, and skim, then add the seasoning and the vegetables prepared. Stew the veal very gently for two hours and a half, and serve with piquante or parsley and butter sauce poured over it.

## Stewed Brisket of Beef (Cold).

### *Ingredients.*

Seven pounds of Brisket of Beef.

Two Carrots, one Turnip, two Onions.

One head of Celery, one Leek.

Bouquet of Herbs.

Six Cloves, twelve Peppercorns, six Allspice.

One tablespoonful of Salt.

Scrape the beef quite clean and put it into a large saucepan. Prepare the vegetables and add them to the meat, also the herbs, cloves, peppercorns, salt, and three quarts of water. Let it come to a boil and then let it simmer for three hours. After that time take the meat out of the saucepan, remove the flat bones, and place it between two dishes with a heavy weight to press it down. Strain the stock and boil it till it is a glaze (one gill of stock). Pour this over the beef and let it cool.

## Stewed Brisket of Beef (Hot).

### *Ingredients.*

Six pounds of Brisket of Beef.

Water to cover.

Two Carrots. One Turnip. Three Onions.

Celery leaves. One Leek. Salt.

Six Cloves. Six Allspice. Twelve Peppercorns.

Parsley, and a bunch of Herbs.

Scrape the meat quite clean; put it into a stewpan with enough hot water to cover it, and a good spoonful of salt. Let it boil up and skim it well. When quite clean of scum, add onions, carrots, turnip, celery, leek, the parsley and herbs tied together, the cloves, allspice and peppercorns. As the vegetables are only for seasoning they may be cut up roughly. Let all this simmer for four or five hours. When quite tender take out the meat and remove the flat bones. Serve very hot with a cupful of the liquor poured round the beef and chopped parsley sprinkled on the top of it.

### *Sauce for same.*

Half pint of the liquor strained.

One ounce of Butter. Half ounce of Flour.

One tablespoonful of Mushroom Ketchup.

One teaspoonful of made Mustard.

Four Pickled Walnuts. Chopped Parsley.

Melt the butter and flour together in a stewpan; stir in half a pint of the liquor strained, and let this boil for ten minutes, then add the mustard, ketchup, and walnuts cut up into small pieces, and a little chopped parsley. Send this sauce up very hot in a sauce-boat to be handed with the brisket of beef. The rest of the liquor can be used as soup another day, but strain it before putting it away.

## Stewed Calf's Feet.

### *Ingredients.*

Two Calf's feet.  
Two slices of Bacon.  
One Onion.  
Two ounces of Butter.  
Four Cloves.  
One blade of Mace.  
A small bunch of Parsley, Thyme, and a Bay-leaf.  
Salt and Pepper to taste.

### *For the Sauce.*

One ounce of Butter.      One ounce of Flour.  
Salt.      One gill of Milk.  
Half a pint of the liquor the feet have been boiled in.  
One tablespoonful of chopped Parsley.

Bone the feet as far as the first joint, and soak them in warm water for two hours. Put the butter, bacon, onion sliced, cloves, mace, and herbs into a stewpan, lay the feet in, and just cover them with cold water; add pepper and salt to taste, and stew slowly for three hours. Take out the feet with a slice, and serve with sauce made as follows poured over them :—Mix one ounce of butter and one ounce of flour together in a stewpan; add, stirring slowly all the time, half a pint of the liquor the feet were cooked in. Let this boil for five minutes, then add the gill of milk, a pinch of salt, and last of all the chopped parsley. Put the rest of the liquor away, previously strained; it will do for gravies, or to add to other stock.

## Stewed Ox-tail.

### *Ingredients.*

One Ox-tail.      One Onion.  
Three Cloves.      One blade of Mace.  
Quarter of a teaspoonful of whole Pepper.  
Half a teaspoonful of Salt.  
Bouquet Garni.  
Tablespoonful of Lemon-juice.  
Two ounces of Fat.      One ounce of Flour.



Fry the onions in the fat, strain them out, divide the tail at the joints and fry them brown in a saucepan, in this fat ; take out the pieces of tail, stir in the flour, and allow it to brown. Put back the pieces of tail, and well cover them with stock or water ; add vegetables and seasoning. Simmer for three hours, then add lemon-juice. Arrange the pieces of tail in a hot dish, strain sauce over them, and garnish with sippets of toast.

## Stewed Knuckle of Veal.

### *Ingredients.*

Four pounds of Knuckle of Veal.  
Quarter of a pound of Rice. One Onion.  
Quarter of a teaspoonful of Salt.  
Quarter of a teaspoonful of Pepper.  
One tablespoonful of Chopped Parsley.

Wash the veal, and put it on to simmer for two hours in four pints of cold water, with the salt. Peel and cut up the onion, wash the rice, and when the veal has simmered for one hour then add these to it, and let it simmer for the other hour, and then add the chopped parsley. For serving, place the rice and gravy on a dish with the meat in the middle.

## Superior Steak Pudding.

### *Ingredients.*

One and a half pounds of Steak.  
Two Kidneys.  
Twelve Oysters. Pepper and Salt.  
Suet Paste.

Line a pudding-basin with very thin suet-paste. Cut up the steak into neat pieces about two inches square ; cut up the kidneys, beard the oysters, fill the basin with these ingredients. Season with pepper and salt, cover the basin with suet-paste, tie in a cloth, and let it simmer gently for six hours. If preferred leave out the kidneys and add another dozen of oysters. Serve in the basin with a cloth round it,

## Tripe à la Bourgeoise.

### *Ingredients.*

One pound of thin Tripe.  
 Two ounces of Bacon.  
 One small Carrot.  
 Salt and Pepper.  
 Four Mushrooms.  
 Juice of half a Lemon.  
 One small Onion.  
 Bouquet Garni ; Parsley.  
 Two Shalots.  
 One ounce of Butter.  
 One tablespoonful of Harvey Sauce.  
 One tablespoonful of Mushroom Ketchup.  
 Three quarters of an ounce of Flour.  
 Half a pint of Stock.

Wash the tripe in cold water, and then blanch it. Take it out of the stewpan, dry it with a clean cloth, and cut it into strips two inches wide and four inches long. Cut the bacon into very thin slices, the same size as the strips of tripe. Chop up one shalot and the parsley, lay the strips of bacon on the strips of tripe, sprinkle a little chopped parsley and shalot on each, roll them up together, and tie round with string. Cut up the other shalot, the onion and carrot, put them with the bouquet garni (thyme, marjoram, and bay-leaf) and the mushrooms into a stewpan with the rolls of tripe, pour in one pint of stock, and let it simmer gently for quite two hours. Then take out the rolls of tripe, and put them on a plate. Mix the two ounces of butter and one ounce of flour together in a stewpan, strain the stock into it ; stir till it boils and thickens, add the lemon-juice, Harvey sauce, and mushroom ketchup, also the rolls of tripe to get hot through. To serve, arrange the rolls of tripe in a circle round mashed potato, spinach, or some other vegetable, and pour the sauce over and round.

## Tripe and Onions.

### *Ingredients.*

One pound of Tripe.  
 Three or four large Onions.  
 One pint of Milk.  
 One dessertspoonful of Flour.  
 Pepper and Salt.

Blanch the tripe—that is, put it on in cold water and let it come to the boil ; throw the water away. Cut it into neat oblong pieces. Peel the onions, and slice them. Put the tripe and onions into a saucepan with one pint of milk. Let it simmer for not less than two hours. Take a dessertspoonful of flour, mix it to a paste with a little cold milk ; stir by degrees the paste into the hot milk, let it boil up and thicken, season to taste, and serve very hot.

## Tripe and Rice.

### *Ingredients.*

Two pounds of Tripe.  
Two Onions.  
Two ounces of Fat or Butter.  
One quart of Milk or Broth.  
One and a half ounce of Rice.  
Pepper and Salt to taste.

Cut the tripe up into convenient pieces of about two inches long and one inch broad, and blanch it ; that is, put it on in cold water and just boil up, then strain away the water. Cut up the onions, and fry them in a stewpan in two ounces of fat or butter till they are soft ; then put the pieces of tripe into the stewpan, and add one quart of milk or broth, one and a half ounce of washed rice, a little pepper and salt, and let it all simmer together for one hour ; it must not boil, or it will curdle.

## Tripe and Tomatoes.

### *Ingredients.*

Two pounds of Tripe.  
Two Onions and a bunch of Herbs.  
One pound of Tomatoes.  
Two ounces of Fat or Butter.  
One ounce of Flour.

Cut up the tripe and blanch it ; cut up the onions, and fry them with the herbs in two ounces of fat or butter, and stir in the ounce of flour. Rub one pound of tomatoes through a sieve, put this into the stewpan with the fried onions, add the tripe and a little salt, then let it all simmer gently for one hour, and serve.

## Veal Cake.

### *Ingredients.*

One pound of Veal Cutlet.  
 Three Eggs.  
 Half a pound of fat Bacon.  
 Parsley, Pepper, and Salt.  
 A little grated Lemon-rind.  
 One gill of Stock.

Boil the eggs hard, and cut them into slices. Chop up the parsley and mix with the grated lemon-rind, the pepper and salt. Line a plain round mould with the slices of egg on the bottom. Cut up the veal into neat pieces, and put it in the mould in alternate layers with the bacon cut up and the slices of egg, sprinkling each layer with the seasoning. When the mould is full, pour in the stock; should the stock not be consistent enough, add two sheets of French gelatine; make the stock from the bones and scraps of veal, flavour with soup vegetables; cover over tightly with buttered paper, put a weight on the top, and bake in a slow oven for three or four hours. When quite cold, turn out and serve.

## Veal Pie.

### *Ingredients.*

One and a half pounds of Neck of Veal.  
 Half pound of lean Bacon or Pork.  
 Two hard-boiled Eggs (these may be left out).  
 A little grated Lemon-peel.  
 A teaspoonful of chopped Parsley, and one of Sweet Herbs.  
 Pepper and Salt.  
 Either Rough Puff or Flaky Paste can be used.

Cut the meat and bacon up into neat square pieces; mix the parsley, herbs, lemon-peel, pepper and salt together on a plate, and dip the pieces of meat into these seasonings. Half fill the pie-dish with the veal, then a layer of bacon and one of veal; and so on till all is in the dish; but let the last layer be of the bacon. Put a teacupful of water or veal stock into the dish; line the edge of the dish with the paste, then cover over the top, and proceed as for meat pie. It will take about two hours to bake.

## COLD MEAT.



### Curry.

#### *Ingredients.*

- Scraps of cold Meat.
- 1 Two ounces of clarified Dripping.
- One Apple.
- One Onion.
- One teaspoonful of Curry-powder.
- One teaspoonful of Curry-paste.
- One dessertspoonful of Flour.
- One teaspoonful of Lemon-juice.
- 3 Six ounces Boiled Rice.
- Salt and Pepper.

Cut up the onion and the apple finely. Cut the meat into neat slices. Put the dripping into a small saucepan, and when it is hot add the onion; fry the onion brown, strain it, and return the dripping to the saucepan; add the curry-powder, paste, flour, chopped apple, and salt, and stir to it gradually half a pint of cold water. Let it boil, and then simmer for half an hour with the lid off. Add the meat, let it get hot through, add lemon-juice, but do not let it boil again. Serve with boiled rice.

### Dresden Patties.

#### *Ingredients.*

- Slices of Bread two inches thick.
- One ounce of Flour.
- One and a half ounce of Butter.
- Half a pint of Stock.
- Half a pound of Veal.
- Half a pound of Ham.
- One Egg.
- Lemon-juice.
- A little Milk, and some Bread-crumbs.

The patty-cases are to be made of bread, so cut some slices of bread two inches thick; stamp them out with a round cutter, take out the inside not quite through, leaving a bottom to each case, and cut a little lid to each case. Dip these in milk, let

them dry a little—egg and bread-crumb cases and lids, and fry a light brown in boiling fat. Make a sauce of the flour, butter, and stock; season with six drops of lemon-juice, pepper and salt. Chop the veal and ham; stir them into this sauce over the fire till quite hot; fill each patty-case with this mixture and place a lid on the top of each. Serve on a fish paper, garnished with fried parsley. Sufficient for twelve patties.

## Gâteau of Cold Meat.

### *Ingredients.*

Half a pound of Meat.  
Two ounces of Crumbs of Bread.  
One Shalot.  
Half an ounce of Fat.  
Half a gill of Gravy.  
One teaspoonful of Parsley.  
Two Yolks and one White of Egg.

Grease a cake-tin, and well cover it with brown bread-crumbs. Mince the shalot and the parsley, fry the shalot in the fat, then mince the meat. Put all the ingredients into a basin, and mix with the gravy and the eggs beaten; put into the cake-tin. Bake in a steady oven for three-quarters of an hour.

## Hash or Mince.

### *Ingredients.*

One pound of scraps of cold Meat and Bone.  
Two small Onions.  
One Carrot.  
Half a Turnip.  
One bunch of Herbs (consisting of a Bay-leaf,  
a sprig of Marjoram, Thyme, and Parsley).  
A tablespoonful of Flour.  
Sippets of Bread.  
Salt and Pepper.  
Two ounces of Dripping.

Cut the cold meat off the bone in thin slices, if for a hash; chop finely, if for mince. Chop the bone in pieces and put them into a saucepan, with one onion peeled and cut in slices; one carrot washed, scraped, and cut in quarters; half a turnip washed, peeled and cut in half; also a sprig of parsley washed and dried in

a cloth and tied up with one bay-leaf, one sprig of marjoram and one of thyme, and one pint of cold water, pepper and salt to taste; let this come to the boil, then put on the lid, draw the saucepan to the side of the fire and let it stew gently for one hour; skim it occasionally. Cut up the other onion and fry it a nice brown in an ounce of dripping; stir in a tablespoonful of flour with it. Strain the gravy from the bones on to the fried onion; \* put the saucepan on the fire, and stir till it boils and the flour is cooked; lay in the slices of meat, but do not let it boil after the meat is in. Cut a slice of bread into small three-cornered pieces, and fry them a light brown in an ounce of dripping. To serve, put the slices of meat on a hot dish, strain the gravy over them, and put the fried sippets of bread round the edge of the dish.

## Patties of Cold Meat.

### *Ingredients.*

Short Pastry (see page 51).

Pepper and Salt.

Parsley, Marjoram, and Thyme.

About one pound of Cold Meat.

Take the pastry, roll it out a quarter of an inch thick. Grease twelve patty-pans, and line them with the paste. Cut up the cold meat, season with pepper and salt, and a quarter of a teaspoonful chopped parsley, marjoram, and thyme. Fill the patty-pans, cover with the paste, trim the edges neatly, and bake half an hour.

## Rice Outlets.

### *Ingredients.*

Quarter of a pound of Rice.

Half a pound of Cold Meat.

One Onion.

Salt and Cayenne.

Quarter of a pound of Suet.

Two ounces of Bread-crumbs.

Boil the rice and strain it. Boil the onion and chop it up; chop the meat and the suet very small, and mix with the rice,

\* Season your gravies with vegetables; fry the onions to brown the gravy, but use no sauces.



bread-crumbs and onion ; sprinkle a little salt and cayenne pepper over it. Mix well together with a little warm stock, cook a little to make a paste. Let the mixture set in a plate ; cut into the shape of mutton cutlets, egg and bread-crumb, and fry a golden brown. Serve with fried parsley in the centre. Sufficient for sixteen cutlets.

## Croquets of Cold Meat.

### *Ingredients.*

One pound of cold Meat.  
 One gill of Stock.  
 Half an ounce of Flour.  
 One ounce of Dripping.  
 One small Onion.  
 Parsley. Nutmeg.  
 Pepper and Salt.

Chop the meat fine without much fat ; chop the onion fine and fry, without burning, in the dripping, add the flour and the stock ; chop the parsley fine ; boil the sauce well, and add the chopped meat and parsley, a grate of nutmeg, pepper and salt.

Turn out on a plate to cool. When cold make into balls, egg and bread-crumb, and fry in hot fat.

## Shepherd's Pie.

### *Ingredients.*

One pound of cold Meat.  
 Pepper and Salt.  
 One and a half pound of Potatoes.  
 One ounce of Dripping.  
 One tablespoonful of Milk.

Scrub, peel, and boil the potatoes ; any remains of cold potatoes may be used instead of boiling fresh ones. Rub them through a sieve. Melt the dripping with the milk, add the potatoes to it. Cut the meat into slices, put them in a pie-dish, with pepper and salt. Put a little well-seasoned gravy in the

dish. Cover the pie-dish with the mashed potato, smooth it neatly with a knife dipped in hot water.

Mark it over with a fork.

Bake the pie for three-quarters of an hour.

## Beef Fritters.

### *Ingredients.*

Half pound of cold Beef.

Three ounces of Flour.

Half gill of Milk.

Two ounces of Butter.

One Egg. Pepper and Salt.

Frying fat. Parsley.

Prepare a nice light batter as follows : Sift the flour into a basin, stir in the milk, the yolk of egg and the butter (previously warmed). Beat the white of egg to a stiff froth, add a pinch of salt and mix with the batter, which must be well worked before the beaten white is added. Chop the beef very fine, season it a little with pepper and salt and mix with the batter. Have the fat for frying very hot, drop in the mixture in small quantities with a tablespoon and fry a nice light brown. Drain the fritters on a cloth, dish them up in a pile, fry some parsley which has been picked, washed and drained, garnish round the dish and serve quickly, as the fritters become heavy if left standing.

## Cornish Cutlets.

### *Ingredients.*

Twelve ounces of cold Meat.

One pound of Potatoes.

Two Eggs.

One tablespoonful of Ketchup or Worcester Sauce.

One teaspoonful of chopped Parsley.

Bread-crumbs.

A little chopped Lemon-rind.

Fat for frying. Salt and Pepper.

Cut the meat into rather thick slices, trim them into heart shapes, put them on a dish and sprinkle with salt, pepper and parsley,

pour over the ketchup or sauce. Wash, peel and boil the potatoes, dry them and rub through a sieve, beat up one egg and mix with the mash, season with pepper, salt, and add the lemon-juice or a little grated nutmeg. Cover well each slice of meat with mashed potatoes, shape and smooth with a knife. Beat up the other egg, dip each cutlet in the egg, and crumb well; when set, egg and crumb again.

Have the fat ready, fry the cutlets a golden colour, drain on a cloth, dish up and garnish with crisp parsley.

## Curry Croquets.

### *Ingredients.*

Four ounces of Rice.  
 Half pound of cold Meat.  
 One teaspoonful of Curry-powder.  
 One teaspoonful of Lemon-juice.  
 Two Eggs, Bread-crumbs, frying Fat.  
 Half ounce of Flour.  
 One gill of Stock.  
 One ounce of Butter.  
 One teaspoonful of chopped Onion.

The remains of any kind of cold meat will do for this dish. Free the meat from skin and gristle, and, if very fat, pare off the fat; chop the meat up very fine. Wash, blanch, and boil the rice, drain, and dry it in front of the fire. Put the butter and onion into the saucepan, fry it, but do not let it get brown, then stir in the curry-powder and flour and the stock. When this is cooked, *but not browned*, add the meat and lemon-juice; let this cook a little longer over the fire. Mix in the boiled rice. Beat up one egg and add it to the mixture, stir just long enough to bind the egg, add a pinch of salt if required, and spread the mixture on a dish.

When cold, shape into balls of even size. Beat up the other egg for the purpose of egging the balls, then dip them in bread-crumbs and fry in hot fat to a nice light brown colour. Drain on to a paper or cloth, dish up in a pile, garnish with fried parsley and serve.

## Rissoles of Cold Meat.

### *Ingredients.*

Half a pound of cold Meat.  
 One gill of Stock if the meat is dry.  
 A teaspoonful of Flour.  
 A small piece of Onion  
 Parsley. Nutmeg.  
 Pepper and Salt.  
 Half a pound of Flour.  
 Four ounces of Butter or Dripping.  
 One Egg, Bread-crumbs, Fat for frying.

Remove skin, gristle, and part of the fat (if very fat) from the meat, chop it very fine; chop up the piece of onion, fry it lightly in a little butter or dripping, add the meat. Stir a few seconds over the fire, add then a little flour and last of all the stock; season with pepper, salt and a little grated nutmeg, and chopped parsley. Spread on a plate to cool.

Put the flour in a basin, add a pinch of salt, shred the dripping finely, or if you use butter divide into little bits and rub in the flour with the tips of your fingers; when well mixed and perfectly smooth, add a little water, and make it into a stiffish paste, then roll out on a floured board, stamp out some rounds about three and a half inches in diameter, put some of the prepared meat mixture in the centre of each, brush the edges with beaten egg or water, fold over to form a half circle, press the ends together so as to well close the edges. Beat up the egg, dip the rissoles in it, crumb well, and fry in hot fat.

## Savoury Meat Rolls.

### *Ingredients.*

Half pound of the remains of any kind of cold Meat.  
 One pound of mashed Potatoes.  
 Two whole Eggs.  
 About an ounce and a half of Flour.  
 A handful of crushed Vermicelli. Pepper and Salt.  
 A dessertspoonful of chopped Parsley.  
 A tablespoonful of melted Butter Sauce.

Mince up the meat very fine, removing skin and gristle (any kind of meat will do, if you have any scraps of ham or tongue add

it in a proportionate quantity with the other meat). Season the mince with pepper, salt, and a little grated nutmeg if liked, mix with the sauce and add the chopped parsley. Have ready the mashed potatoes, work in the flour, beat up the eggs and add the same, retaining sufficient to brush over the rolls, season to taste, and stir over the fire in a stewpan to form a stiff paste. Roll out the paste about a quarter of an inch in thickness, cut it in oblong pieces, about four inches long and two inches across, put a dessert-spoonful of meat upon each piece, wet the edges, turn over to give it the shape of rolls, press down the ends firmly and trim. Brush the tips with beaten egg, sprinkle with crushed vermicelli, place on a greased baking sheet and bake in a hot oven until of a light brown colour, dish up and serve hot.

## Savoury Meat Toast.

### *Ingredients.*

Half a pound of cold Meat.  
 Four ounces of Bread-crumbs.  
 A teaspoonful of chopped Parsley.  
 Half a teaspoonful of chopped Lemon-rind.  
 Half a gill of white or brown Sauce.  
 Two Eggs. Salt and Pepper, and Toasted Bread.

Mince the meat very fine (any kind of meat will do ; scraps of ham or tongue mixed will improve the flavour), mix it with the bread-crumbs, parsley, lemon-rind and moisten with the sauce, add the yolk of the eggs, season with pepper and salt and stir over the fire until set. Have ready one or two slices of toasted bread, well trimmed of crust, put the mince on it in a heap, smooth over with a knife, beat up the white of one egg to a stiff froth, cover the top over with this, sprinkle with a few fried bread-crumbs, and bake in a moderately heated oven for about ten minutes. Serve very hot.

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# VEGETABLES.

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## Boiled Potatoes.

As a general rule, it is more economical to boil potatoes in their skins. They must be boiled gently, the water strained off directly they are tender, and finish cooking in their own steam. If they break in the water there is great waste. The skins must be carefully scrubbed quite clean before they are boiled.

When potatoes are very old, they acquire an unpleasant taste when boiled in their skins. Potatoes must never boil hard, they must be put into cold water with plenty of salt in it. New potatoes are put into boiling water; they take longer to boil than old potatoes.

Potatoes take longer to steam than to boil. They take an hour to bake.

## Mashed Potatoes.

### *Ingredients.*

One pound of Potatoes.  
One ounce of Butter.  
One gill of Milk.  
Salt.

If you have no cold potatoes, then boil some; rub them through a sieve and without allowing them to get cold, stir them by degrees into the milk and butter, which must be boiling. Sprinkle in a little salt, and well beat the potatoes into the milk and butter; if necessary add more milk, but the principle thing is to well work and beat them. They must be served at once and should resemble a purée and be frothy, not sticky. If you use potatoes left from the day before, they must be heated before they are added to the butter and milk.

## To Boil Rice.

### *Ingredients.*

Four ounces of Patna Rice.  
One tablespoonful of Salt.  
Two quarts of boiling water.

Wash the rice well in several waters to free it from loose starch, put it into plenty of boiling water with salt in it, and let it boil fast for from fifteen to twenty minutes. When the grains of rice are soft take the saucepan to the sink and fill it up with cold water to separate the grains. Drain the water thoroughly off and dry the rice in the oven, or in front of the fire covered over with a clean cloth. Serve very hot.

## Cooked Vegetable Salad.

### *Ingredients.*

Spanish Onion.  
Beetroot.  
Cauliflower.  
Celery and French Beans.  
Equal quantities, all cooked.

### *Dressing for the Salad.*

Two hard-boiled Eggs.  
A tablespoonful of Cream.  
Two tablespoonfuls of Salad Oil.  
A teaspoonful of Salt, and one of Castor Sugar.  
A teaspoonful of made Mustard.  
A little Pepper.  
One tablespoonful of Tarragon Vinegar.

Rub the yolks of the eggs through a sieve; mix the cream with them and then the oil; when well mixed sprinkle in the salt and sugar and stir in the mustard; when these are smoothly mixed together stir in the vinegar by degrees. Put this dressing into the salad bowl. Take equal quantities of the above cooked vegetables and cut them into tidy pieces; mix them lightly all together and put them into the bowl on the top of the dressing. Garnish the top with the whites of the eggs cut into pieces, and a few little pieces of fresh lettuce leaves. Let the sauce remain at the bottom of the salad bowl, not stirring it up until it is served.



## Cabbages, Greens, and Savoys.

*Greens, Savoys, and Cabbages* must be cooked in plenty of boiling water, with a tablespoonful of salt to every half-gallon. Boil them with the lid off ; if the water is very hard, add sufficient carbonate of soda to cover a threepenny piece. Time required to cook them depends upon their age. The stalk should be split and the hard part removed.

## Haricot Beans.

### *Ingredients.*

One pint of Beans.  
One ounce of Fat or Butter.  
One teaspoonful of chopped Parsley.

Soak the beans over-night. Put them in a saucepan with three pints of cold water. When it boils let them simmer gently for two hours, then strain. Melt the fat in the saucepan, return the beans to the saucepan, and shake them in the fat ; sprinkle in a teaspoonful of chopped parsley, and serve.

## General Rules for Pickles.

All metal is improper, therefore use a wooden spoon ; as acids dissolve lead that is used in tinning saucepans, the vinegar should be boiled in a stone jar in the oven, or on the hearth. Pickles should not be put into glazed jars as salt and vinegar act upon the glaze, which is poisonous ; use therefore unglazed earthenware jars or large-mouthed glass bottles.

## Red Cabbage.

Take the purple red cabbage, strip off the outer leaves and cut it in very thin slices into a colander, sprinkle each layer with salt, let it drain for at least twelve hours, then shake and press the moisture away and put the cabbage into a jar or large glass bottle, pour cold vinegar over it in which black peppercorns have been

boiled in proportion of one ounce to a quart of vinegar, also a blade of mace, six cloves, a piece of ginger, and six allspice. The cabbage must be thoroughly covered with vinegar. This is ready to use in about ten days. Cover the mouth of the jars or cork the bottles.

## Onions.

September is the best time to pickle onions ; choose the small white round ones—silver skins—the smallest are the best. Peel off the brown skin and throw them into a stewpan full of cold water and salt, quarter of a pound to a quart of water, bring to boiling point, then take them up with a slice and lay them on a clean cloth to dry ; when cold put them into jars or bottles and pour over them the best French vinegar in which has been boiled a quarter of an ounce of peppercorns, quarter of an ounce of whole ginger, blade of mace, six allspice, in proportion to a quart of vinegar ; the vinegar must be cold ; then cover the mouth of the jars or cork the bottles. This pickle is ready for use in about ten days.

## Plain Salad.

### *Ingredients.*

One Lettuce.

Two tablespoonfuls of Salad Oil.

One tablespoonful of Vinegar.

Half a teaspoonful of moist Sugar.

Pepper and Salt.

Wash the lettuce well to remove grit and dirt, shake the water out of it, and dry it in a clean cloth ; never use a knife, but break the leaves into small pieces with your hands, and put them into the salad bowl ; put the sugar and salt into a tablespoon and fill it up with vinegar ; stir till salt and sugar are melted, then pour over the lettuce, shake the pepper over the leaves, now add the oil, and mix all well together. A salad should not be mixed until it is required for table, as if it stands after the vinegar and oil are added the leaves get sodden, and lose the crispness which a good salad should always have.

## Potato Salad.

### *Ingredients.*

Eight large Potatoes.  
Two tablespoonfuls of Vinegar.  
One Onion.  
Two tablespoonfuls of Parsley.  
Two Yolks of Egg.  
One gill of Salad Oil.  
Pepper and Salt.  
One head of Lettuce.

Boil the potatoes until tender, but not broken ; allow them to get cold, then cut into quarters, and then slices, in a salad bowl ; sprinkle the chopped onion and parsley ; add seasoning. Put the yolks of egg into a basin, and stir in very gradually the oil and vinegar ; pour this over the potatoes ; mix with a fork, garnish with lettuce.

## Potato Scallops.

### *Ingredients.*

Two pounds of Cold Potatoes.  
Half a pint of Milk.  
Two ounces of Butter.  
Two ounces of grated Cheese (Parmesan is best).  
Pepper and Salt.

Rub the potatoes through a wire sieve and stir into them the grated cheese. Melt the butter, stir it into the potatoes with the milk and mash them quite soft, add pepper and salt to taste. Fill some patty-pans with the mashed potato and brown them in the oven, brush them over while hot with a little butter and grated cheese, serve in the patty-pans.

## Stewed Lentils.

### *Ingredients.*

Half pint of Brown Lentils.  
One ounce of Butter.  
One gill of Stock.  
One Onion.  
Pepper and Salt.

Soak the lentils all night. Put them into a saucepan, with

cold water enough to cover them, and a teaspoonful of salt ; let them boil gently for one hour, with the lid off, till all the water is gone. Slice the onion, and fry it in one ounce of fat in a saucepan ; when the lentils are quite tender put them into the saucepan with the butter, and one gill of stock. Season with pepper and salt, and stir over the fire for ten minutes.

## Stewed Spanish Onion.

### *Ingredients.*

One Spanish Onion.  
Quarter of a pint of Milk.  
Half an ounce of Flour.  
One ounce of Butter.  
Pepper and Salt.

Skin the onion, put it into boiling water, and boil till quite tender from one to two hours, according to size ; pour away the water. Mix the butter and flour together in a stewpan over the fire, and when it is well mixed stir in the milk, add pepper and salt, and boil five minutes. Let the onion get thoroughly hot in the sauce, and serve in a vegetable dish.

## Vegetable Marrow Stuffed.

### *Ingredients.*

One Marrow.  
Two ounces of cold Meat.  
One ounce of Bread-crumbs.  
One tablespoonful of chopped Parsley and Thyme.  
Pepper and Salt. A little Stock or Milk.

Peel the marrow, cut in half lengthways, take out the seeds ; soak the bread in stock or milk, mince the meat, and mix it with the soaked bread, parsley, and thyme ; add pepper and salt, and fill each half of the marrow with this mixture ; tie the two halves together. The marrow can now be either steamed and served with melted butter, or baked and served with brown sauce. It will take about an hour to cook ; if baked, mix a little flour, pepper and salt, and shake over it, and baste it occasionally with dripping or butter.

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# PUDDINGS & SWEET DISHES.

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## Apple Amber.

### *Ingredients.*

Six ounces of Bread-crumbs.  
 Two ounces of Flour.  
 Four ounces of Suet.  
 Three-quarters of a pound of Apples.  
 Two ounces of Castor Sugar.  
 One Lemon. Nutmeg.  
 Two Eggs.  
 Half an ounce of Fat.

Chop the suet up finely, and mix it with the flour. Peel the apples, cut out the core, and chop them up. Add the bread-crumbs, sugar, and chopped apple to the flour and suet, also some grated lemon-peel and nutmeg. Break the eggs into a separate basin, add them to the other ingredients, and mix well together. Grease a pint mould with the fat, and pour in the mixture. Tie a cloth over the top, and boil for three hours.

## Apple Charlotte. No. 1.

### *Ingredients.*

Two pounds of Apples.  
 Half a pound of Loaf Sugar.  
 The rind of one Lemon.  
 Bread and clarified Butter.

Peel the apples and slice them into a stewpan, with some sugar and water ; then add the lemon-rind, and let them boil for one hour and a half, stirring it occasionally ; then take out the lemon-rind. Dip a round of crumb of bread, cut in quarters, into the clarified butter, and place them at the bottom of a mould ; then dip some strips of bread into the butter, and put them round the sides of the mould, and pour the apple into the middle of the mould. Take a whole round of bread dipped in butter and place it on the top and bake for three-quarters of an hour.

## Apple Charlotte. No. 2.

### *Ingredients.*

One pound of Apples.  
Four ounces of Suet.  
Six ounces of Bread-crumbs.  
Quarter of a pound of Sugar.  
One Lemon.

Peel, core, and cut up the apples; chop the suet up very finely, rub the bread-crumbs through a sieve, and grate the rind of the lemon. Grease a pie-dish, mix the suet and bread-crumbs together, sprinkle the sugar and grated lemon-rind over the apples. Fill the pie-dish with alternate layers of the mixed suet and crumbs and the apples. Bake in a moderate oven one hour.

## Apple Cheese.

### *Ingredients.*

Two pounds of Apples.  
One pound of Loaf Sugar.  
The rind and juice of a Lemon.

Peel and core the apples, grate the rind of a lemon and squeeze out the juice; cut up the apples in pieces, and cook them gently with the sugar and lemon until they are quite soft, then beat them till they are quite thick and smooth. Dip a mould in cold water, pour in the apple; when cold turn it out, and it is ready for use. Custard or cream may be eaten with it.

## Apples and Custard.

### *Ingredients.*

Two pounds of Apples.  
Half a pound of Loaf Sugar.

### *For the Custard.*

Three Eggs. Half a pint of Milk.  
One ounce of Castor Sugar.  
A slice of Lemon Peel.

Peel and core the apples; cook them with the sugar in as little water as possible. When quite cooked put them into a

pie-dish and pour the custard over them *uncooked*, put them into the oven till the custard is quite set. Serve hot or cold, with a little grated nutmeg on the top if liked. To make the custard, beat the eggs and sugar together, then stir in the milk; a slice of thinly cut lemon-peel should be let stand in the milk to extract the flavour.

## Baked Apple Dumplings.

### *Ingredients.*

Three-quarters of a pound of Flour.  
 Quarter of a pound of clarified Dripping or Butter.  
 Half a teaspoonful of Baking-powder.  
 Six Apples.  
 Moist Sugar.

Make a crust with the flour, dripping, and baking-powder, and divide it into six portions. Peel and core the apples and fill the centre with moist sugar. Place an apple in the centre of the paste and work the piece of paste round it till quite covered; do the same with all six. Grease a tin, place the apple dumplings on it, and bake for a quarter of an hour.

## Apple Fritters.

### *Ingredients.*

Four ounces of Flour.  
 One gill of tepid Water.  
 One tablespoonful of Salad Oil.  
 Salt.  
 Whites of two Eggs.  
 Four Apples.

Put the flour into a large basin, with half a saltspoonful of salt; add the salad oil and the tepid water gradually (if oil is objected to, one ounce of melted butter may be used instead). Beat the whites to a stiff froth, and stir them in lightly. In winter clean snow might be used instead of whites of eggs. Peel the apples, cut them in rings, remove the core, dip them in the batter, and fry a nice brown on either side. Serve with castor sugar dredged over.



## Apple Jelly.

### *Ingredients.*

One pound of Apples.  
 One Lemon.  
 Three ounces of Lump Sugar.  
 Half an ounce of Gelatine.  
 Half a teaspoonful of Cochineal.

Peel the apples, cut out the core, and cut them into small pieces, put them in a stewpan with the sugar and half a pint of water; then grate some lemon-rind, and squeeze some lemon-juice into it, and let it boil till the apples are quite tender. Dissolve the gelatine in cold water by the side of the fire. When the apples are cooked to a pulp, pass them through a sieve, stir in the gelatine, and allow to cool a little. Rinse a mould with cold water, and pour in the apple in a layer, half of it being covered with cochineal, and set it aside to cool.

## Boiled Apple Pudding.

### *Ingredients.*

Half a pound of Flour.  
 Five ounces of Suet.  
 Salt.  
 One pound and a half of Apples.  
 Two ounces of Brown Sugar.  
 Six Cloves.

Chop up the suet fine, add it to the flour with half a salt-spoonful of salt, mix it with cold water to a stiff paste.

Put on a large saucepan of warm water to boil, cut off one-third of the pastry and roll out the rest in a round, about twice the size of the top of the basin. Grease the basin thoroughly and put in the pastry to line it, cut up the apples in quarters, half fill the basin, put in the sugar and two tablespoonfuls of water, and cloves; fill it up with the apples. Roll out the remainder of the crust, wet the edge of the pastry and put the top on, press the edges together and trim round. Take a pudding cloth, dip it into boiling water, dredge it with flour and lay it over the top of the basin, put a pleat in cloth to let the pudding swell.

When the water is quite boiling, put in the pudding and let it

boil two hours. A kettle should be put on the fire, so that the saucepan may be filled up from time to time.

For serving, take the cloth off and carefully turn the pudding out on to a hot dish.

## Apple Snowballs.

### *Ingredients.*

Half a pound of Rice.

Six large Apples.

Wash the rice well and boil it in plenty of water for ten minutes, strain it and dry it. Peel and core the apples: be careful not to break them; divide the rice into six heaps and cover each apple with the rice; tie each snowball loosely in a separate cloth and boil for one hour. Serve with sweet melted butter.

## Apple Vol-au-vent.

### *Ingredients.*

Puff Pastry.

Eight Apples.

Pint of Custard.

One gill of Claret.

Four ounces of Castor Sugar.

Lemon Peel, Cinnamon, and Mace.

Have the vol-au-vent case ready baked. Peel and core the apples, taking care not to break them; cook them in a stewpan in the wine and sugar, with a small piece of lemon-peel, a little piece of cinnamon, and a small blade of mace. Let the apples stew slowly till quite tender; set them aside to cool. When cold place them in the vol-au-vent case, and pour half a pint of good custard over them.

## Arrowroot Pudding.

### *Ingredients.*

A dessertspoonful of Arrowroot.

Half a pint of Milk.

Castor Sugar.

Two Eggs.

Mix a dessertspoonful of milk and arrowroot into a paste; put the sugar into a saucepan with the rest of the milk, and let it come

to the boil, then pour it on to the arrowroot paste, stirring all the time. Beat the yolks of the eggs, and add to the above mixture; whip the whites of the eggs to a stiff froth, and stir in lightly; pour it into a buttered dish, and bake for ten minutes.

## Arrowroot Jelly.

### *Ingredients.*

Half a pint of Water.  
A wineglass of Sherry or a little Brandy.  
One ounce of Castor Sugar.  
One ounce of Arrowroot.  
One tablespoonful of cold Water.

Put the half pint of water, wine, and sugar on to boil, mix the arrowroot to a smooth paste with cold water; when the wine and water are boiling stir it in to the mixed arrowroot carefully, return the whole to the stewpan and let it boil for three minutes, stirring well. Pour it into a mould and serve when cold.

## Baroness Pudding.

### *Ingredients.*

Three-quarters of a pound of Suet.  
Three-quarters of a pound of Flour.  
Three-quarters of a pound of Stoned Raisins.  
Half a pint of Milk.      One Egg.  
Quarter of a teaspoonful of Salt.

Chop the suet finely, stone the raisins, cut them in half, and mix them with the flour, salt, and suet; add the egg and the milk. Stir well; tie in a cloth and boil four hours and a half. Serve with castor sugar sifted over the top.

## Baked Custard.

### *Ingredients.*

One pint of Milk.      .  
Three Eggs.  
One ounce of Castor Sugar.  
Lemon-peel.  
Rough Puff or Flaky Pastry.

Cut a few pieces of lemon-peel very thinly off a lemon, put them into a saucepan with the milk and let it boil; cool it, and

mix the eggs and sugar together ; pour the milk on to them. Line the edges of a pie-dish with pastry, pour the milk and eggs into the pie-dish, and bake in a slow oven for half an hour.

## Batter Pudding.

### *Ingredients.*

Quarter of a pound of Flour.  
Salt. Three Eggs.  
One pint of Milk.

Put the flour into a basin and mix the salt with it, break the eggs into it and beat them well together, add by degrees the milk, stirring all the time until the batter is mixed. Grease a pudding basin and pour the batter in. Wet a pudding cloth, flour it and place it over the pudding, tying it securely round the edge, tie the four corners over the top and put it into a saucepan of boiling water ; let it boil for one hour. When done, turn the pudding out on to a hot dish.

## Batter and Fruit Pie.

### *Ingredients.*

Four ounces of Apples or other fruit.  
Four ounces of Flour. One Egg.  
Half a pint of Milk. Sugar and Salt.

Mix a batter as for pancakes ; cook the fruit with the sugar in a greased pie-dish until tender ; pour the batter over it, and bake for about half an hour in a moderate oven.

## Bread and Butter Pudding.

### *Ingredients.*

Six thin slices of Bread and Butter.  
Half an ounce of clarified Dripping.  
One ounce of Currants.  
Nutmeg, and one tablespoonful of moist Sugar.  
Two Eggs. One pint of Milk.

Grease a pie-dish with the dripping, and lay the slices of bread and butter into it, with the currants in between each slice. Beat

the eggs, add to them the sugar and milk, and stir them well together. Pour this custard over the bread and butter, and grate some nutmeg over the top. Bake it in a moderate oven for about half an hour.

## Baked Bread Pudding.

### *Ingredients.*

One pound of scraps of Bread.  
 Quarter of a pound of Suet.  
 Two ounces of Flour.  
 Two ounces of candied Peel.  
 Half a pound of Fruit.  
 One Egg.  
 One gill of Milk.

Soak the bread in cold water, then squeeze very dry. Put the bread into a basin and beat out the lumps. Chop the suet finely, clean the fruit, slice the peel, and beat the egg. Mix all the dry ingredients together, then add egg and milk. Turn into a greased tin, and bake for one hour.

## Boiled Bread Pudding.

### *Ingredients.*

One pound of Bread.  
 Three ounces of Suet.  
 Three ounces of Sugar.  
 Quarter of a pound of Raisins or Sultanas.  
 Three ounces of Flour or one Egg.  
 Season with Lemon, Vanilla, or Nutmeg.

Soak the bread in cold water, then squeeze it quite dry. Put it into a basin, and beat out all the lumps, chop the suet, clean the fruit, and mix all the dry ingredients together; beat up the egg (if you use one), and stir it well into the basin with the other ingredients. Put this mixture into a mould, and steam for three or four hours.

## Fig Pudding.

### *Ingredients.*

Half a pound of dried Figs.  
 Quarter of a pound of moist Sugar.  
 Six ounces of Suet.  
 Quarter of a pound of Bread-crumbs.  
 Quarter of a pound of Flour.  
 Two Eggs. Salt.  
 Half a pint of Milk. Nutmeg.

Put a saucepan of water on the fire to boil. Chop the suet and figs up very finely. Put the flour, suet, and half a saltspoonful of salt into a basin, rubbing the suet well into the flour; now add the bread-crumbs, chopped figs, the sugar and a little nutmeg, and mix them all well together. Break the eggs into a basin and add the milk. Stir this in with the other ingredients. Put the mixture into a greased basin, cover with greased paper, and steam six hours.

## French Rice Pudding.

### *Ingredients.*

Three ounces of Castor Sugar.  
 Three ounces of Rice.  
 Three ounces of Suet.  
 Quarter of a pound of Raisins.  
 Three ounces of candied Peel.  
 Two Eggs.  
 One pint of Milk.

Wash the rice in several waters, put it into a stewpan with the milk, and let it cook until the milk is absorbed. Stone and chop the raisins, chop the suet, and slice the peel; beat all these ingredients with the sugar into the rice, beat the eggs well, and add them. Pour this mixture into a greased pudding-basin, cover it with a buttered paper, and steam for two hours.

## Friar's Omelet.

### *Ingredients.*

Two pounds of Apples. Four ounces of Sugar.  
 Grated rind and juice of one Lemon.  
 One gill of Water. One ounce of Butter.  
 Half a pint of Brown Bread-crumbs.

Peel, cut up and cook the apples in the sugar and water; add the grated rind and juice of lemon, and rub all through a hair sieve. Melt the butter in a stewpan and cook the apples again until they make a marmalade. Grease a pie-dish and fill it with alternate layers of apple and brown bread-crumbs; bake in oven about ten minutes.

## Fruit Tart.

### *Ingredients.*

Six ounces of Flour.  
 Three ounces of clarified Fat, Dripping or Butter.  
 Three teaspoonfuls of brown Sugar.  
 Fruit (Apples, Plums).

Cut up the fruit and half fill the pie-dish; add the sugar, and fill it with the rest of the fruit. Put the flour into a basin, rub the fat into it, add the baking-powder, and sufficient water to form the whole into a stiff paste. Roll it out the shape of the dish, but larger, about one-third of an inch thick. Cut a piece off the edge to go round the pie-dish, wet the pastry, and put on the top, carefully pressing the two edges together with your finger; ornament the edge. Brush the tart over with water, sprinkle with castor sugar, and bake from half to three-quarters of an hour.

## Goblet Pie.

### *Ingredients.*

Two ounces of cold Meat. Two ounces of chopped Suet.  
 Two ounces of moist Sugar. Two ounces of Currants.  
 Two ounces of Plums. Two ounces of chopped Apples.  
 Quarter of a pound of Flour.  
 Quarter of a teaspoonful of Baking-powder.  
 One ounce of Dripping.

Chop up the meat finely (there should be two tablespoonfuls). Chop the suet and apples, clean the currants, stone the raisins, and



cut them in small pieces. Mix these ingredients with the sugar, and put the mixture into a pie-dish.

Put a quarter of a pound of flour into a basin, rub the dripping into it with the tips of your fingers, add the baking-powder and sufficient water to form the whole into a stiff paste. Roll it out on a floured board, a quarter of an inch thick; roll it the shape of the pie-dish, and cut off the outside edge to put round the dish. Wet the dish and press it on with your fingers; wet the edge of the pastry with water, place the top on, and trim it neatly round the edge. Brush it over with water, sprinkle some castor sugar over, and bake for half an hour.

## Hominy Blanc-Mange.

### *Ingredients.*

One pint of Milk.  
Two tablespoonfuls of Hominy.  
One tablespoonful of Sugar.  
Lemon-peel.

Put the milk, hominy, sugar, and lemon-peel into a saucepan and let them boil till tender; after that rinse a mould with cold water, and pour the hominy into it. Let it cool, and then turn it out on to a dish.

## Lemon Cream.

### *Ingredients.*

Three Lemons.      Half a pound of Loaf Sugar.  
Three Eggs.        Half an ounce of leaf Gelatine.

Put the rind of one lemon cut very thin into a jug, add the sugar and pour half a pint of boiling water on it; let it stand for one hour, strain it, melt the gelatine in a little water and add it to the sugar. Whip up the eggs, whites and yolks together, add the juice of the three lemons, mix well, and add to the sugar and gelatine. Pour all this into a jug. stand it in a saucepan of water over the fire, and stir until it thickens; this will take from twenty to thirty minutes. When it has thickened, pour it into a mould and set it to cool. When set, it must be turned out, and is ready for use.

## Lemon Jelly.

### *Ingredients.*

Half a pint of Lemon Juice.  
 One pint and a half of Water.  
 Six ounces of Sugar.  
 One inch of Cinnamon. Four Cloves.  
 Two and a half ounces of French Gelatine.  
 The rind of two Lemons cut very thin.  
 Two whites and shells of two Eggs.

Put all these ingredients into a stewpan together and whisk over the fire until it boils, then draw it to the side of the fire and let it stand for about five minutes. Strain it through a clean cloth scalded, and put on a soup-stand. When it is set it is ready for use.

## Lemon Pudding. No. 1.

### *Ingredients.*

Three-quarters of a pound of Flour.  
 Quarter of a pound of Dripping.  
 One large Lemon. Moist Sugar.  
 One teaspoonful of Flour.

Mix three-quarters of a pound of flour and a quarter of a pound of dripping well together, add water to make a smooth paste, and roll it out about half an inch thick; squeeze the juice of the lemon into a cup, stir in the teaspoonful of flour and enough moist sugar to make it into a stiff, thick paste; spread this mixture over the paste, roll it up, secure the ends, tie up in a floured cloth, and boil for two hours.

## Lemon Pudding. No. 2.

### *Ingredients.*

Half a pound of Bread-crumbs.  
 Quarter of a pound of Suet.  
 Two ounces of Flour.  
 Quarter of a pound of Moist Sugar  
 Two Lemons. Two Eggs.  
 One gill of Milk.

Chop up the suet very fine, and rub it into the flour with your fingers, in a basin, then add the bread-crumbs and moist

sugar, the grated rind and the juice of the two lemons. Break the two eggs in another basin, and beat well together with two tablespoonfuls of milk ; pour the milk and eggs on to the other ingredients, and mix well together. Grease a pint basin, pour in the mixture, cover it with a greased paper, and steam for four hours, then turn it out of the basin and serve. To steam any pudding, stand it in a saucepan with enough boiling water to come half-way up the basin ; as the water boils away add more boiling water, and keep the lid on the saucepan to keep the steam in.

## Lemon Tartlets.

### *Ingredients.*

Juice of two Lemons and the grated Peel of one.

Five ounces of Castor Sugar.

Two teaspoonfuls of Corn Flour.

Twelve Raisins.

Cut the raisins in half, stone them and stew them in a little drop of water. Mix the corn-flour with the lemon-juice, stir in the rind and juice of the lemons, the sugar and the raisins, beat these well together. Line some patty-pans with a thin paste, fill them with mixture, cover them over with paste and bake for about ten minutes. Make the paste the same as for fruit tart. (See page 87.)

## Lemon Sponge.

### *Ingredients.*

Half an ounce of Gelatine.

Half a pint of Water.

Rind and juice of Lemon.

One ounce of Sugar.

One white of Egg.

Dissolve the gelatine in the water, add the lemon-rind and sugar ; strain the lemon-juice into a basin with the white of an egg, then strain on to that the dissolved gelatine, and whisk all together till quite stiff, so that the spoon could stand up in it.

## Macaroni Pudding.

### *Ingredients.*

One ounce of Macaroni.  
 One pint of Milk.  
 Two Eggs.  
 The peel of half a Lemon grated.  
 One ounce of Butter.  
 One ounce of Castor Sugar.

Simmer the macaroni in the milk till it is tender. Beat the yolks of two eggs with the sugar and the butter, add the lemon-peel grated; stir these into the macaroni and milk. Beat the whites of the two eggs to a stiff froth and stir them in also very lightly. Pour all these ingredients into a buttered pie-dish and bake for half an hour.

## Macaroni Sweet.

### *Ingredients.*

Quarter of a pound of Macaroni.  
 Two pints of Milk and half-ounce of Lump Sugar.  
 Half the rind of one Lemon.  
 Two Eggs.

Put the milk in the saucepan with the lemon-rind and sugar. When boiling drop in the macaroni, in pieces about three inches long, and simmer for half an hour. Then beat up the eggs; stir them in with the macaroni. Pour into a greased pie-dish, grate over it a little nutmeg, and bake for ten minutes.

## Marmalade Pudding.

### *Ingredients.*

Quarter of a pound of Bread-crumbs.  
 Two ounces of Suet.  
 Two ounces of Candied Peel.  
 One Lemon.  
 One Egg.  
 Quarter of a gill of Milk.  
 Three tablespoonfuls of Marmalade.

Chop the suet very finely, shred the candied peel, grate the rind of the lemon; put these ingredients with the crumbs into a basin, and mix with them the marmalade and egg. Well grease a basin, turn in the mixture, cover with greased paper, and steam two hours.

## Milk Jelly from Cow-heel.

### *Ingredients.*

Half a Cow-heel.  
One quart of Milk.  
Two inches of stick Cinnamon.  
Sugar.

Cut the cow-heel up into small pieces and put these pieces into an earthen jar with one quart of milk and the cinnamon; put the lid on the jar and tie a piece of paper lightly over it, put it into a slow oven to stew for about three hours. When it is stewed take the jar out of the oven, and strain the milk into a basin and sweeten it according to taste, then put it aside till the jelly is set. The cow-heel is very nice served with onion sauce.

## Norfolk Dumplings.

### *Ingredients.*

One pound of Patent Flour.  
Water.

Mix the flour and water so as to make a smooth dough, not too stiff. Form this dough into round balls the size of an egg, and put them into boiling water to boil for twenty minutes.

## Ox-foot Jelly.

### *Ingredients.*

One Ox-foot.  
One gill of Lemon-juice.  
Quarter of a pound of Lump Sugar.  
Two whites and shells of Eggs.  
Spices. Three Cloves. Small piece Cinnamon.  
The peel of one Lemon.

Well wash and cut the foot into three pieces, put them into a saucepan well covered with cold water; bring to the boil, and skim. Stew gently for eight hours; strain into a basin. When the jelly is cold, carefully skim off the fat; dip a cloth in hot water and wipe off every particle of fat. Put the stock into a stewpan,

with the rind and the juice of the lemon, sugar, spices, whites and shells of egg. Whisk over the fire till the jelly reaches boiling point, then partly cover it with the lid, and let it gently simmer for twenty minutes. Strain till clear through a kitchen cloth, then pour the jelly into a mould till set.

## Pancakes.

### *Ingredients.*

Four ounces of Flour.  
One Egg.  
Half a pint of Milk.  
Salt. Sugar.  
One Lemon.

Put the four ounces of flour into a basin, add the egg to it (having first ascertained that it is a good one), and pour in gradually one gill of the milk. Beat it well, and then add the rest of the milk. Strain the mixture into a jug; if possible, it is better to let this mixture stand before frying it.

Put a small frying-pan on the fire, put into it a piece of lard the size of a nut, let it get quite hot, then pour in sufficient batter to cover the bottom of the pan thinly; when it has become a light brown on one side, toss it over to brown on the other side. Turn it out on a piece of kitchen paper, dredge sugar over it, and a squeeze of lemon-juice; roll it up, and proceed in this manner till all the batter is used up. Sufficient for twelve or fourteen pancakes.

## French Pancakes.

### *Ingredients.*

Two ounces of Butter.  
Two ounces of Flour.  
Half a pint of Milk.  
Two Eggs.  
Two ounces of Castor Sugar.

Cream the butter and sugar together, add the eggs, beat well, stir in the flour, and lastly the milk. Bake in a quick oven for twenty minutes as for Swiss Roll.

## Pease Pudding.

### *Ingredients.*

One pint of Split Peas.  
One Egg.  
One ounce of Butter.  
Salt and Pepper.

Soak the peas over-night ; tie them tightly in a cloth, put them on in cold water, and let them boil for one hour ; then rub them through a sieve, mix in one egg, the butter, pepper, and salt ; then flour a cloth, and put the pudding in it, tie it up tightly, and boil it in boiling water for one hour.

## Plum Pudding, Boiled.

### *Ingredients.*

Five ounces of Bread-crumbs.  
Seven ounces of Flour.  
Quarter of a pound of Suet.  
Quarter of a pound of Raisins.  
Quarter of a pound of Currants.  
Two ounces of Moist Sugar.  
One teaspoonful of Baking-powder.  
Two Eggs.  
One gill of Milk.

Put a large saucepan of water on the fire to boil. Chop the suet as finely as possible, and rub it into the flour in a basin ; add the bread-crumbs, sugar, and baking-powder. Clean the currants with a little flour ; stone the raisins. Mix all the dry ingredients together. Break the eggs in a basin and beat them up, add the milk to them, and stir it all into the pudding. Mix well together, and put into a well-greased basin ; flour a pudding-cloth, tie it securely over the pudding and put it into the boiling water. Boil it three hours. This pudding may be boiled in a cloth, and then will not take so long to boil.



## Plum Pudding, Baked.

### *Ingredients.*

Three-quarters of a pound of Flour.  
 Quarter of a pound of Suet.  
 Quarter of a pound of Sugar.  
 Quarter of a pound of stoned Raisins.  
 Quarter of a pound of Currants.  
 Two ounces of Peel.  
 One teaspoonful of Baking-powder.  
 A saltspoonful of grated Nutmeg.  
 One gill of Milk. One Egg.

Mix all the dry ingredients, break the egg into the milk, and mix all well together. Grease a tin, pour in the mixture, and bake for thirty minutes. When done, turn it out, cut into neat squares, and serve with castor sugar dusted over it.

## Rice Pudding.

### *Ingredients.*

One and a half ounce of Rice. One pint of Milk.  
 One tablespoonful of moist Sugar. Grated Nutmeg.

Grease a pie-dish, wash the rice, and put it into the dish with the moist sugar over it; pour three-quarters of a pint of milk on to it, grate some nutmeg over the top, and bake in a moderate oven two hours. Add the remaining quarter of a pint of milk by degrees as the rice swells.

## Rice Pancakes.

### *Ingredients.*

Two ounces of Ground Rice.  
 Two ounces of Flour.  
 Half a pint of Milk.  
 Three Eggs. Three ounces of Butter.

Boil the rice in a little water till it is a jelly; stir the milk into the flour, be careful to have no lumps; when the rice is cold stir the flour and milk into it, also the eggs lightly whipped, and the butter just warmed. Let this batter stand a little while, and fry as pancakes.

## Roly Poly Pudding.

### *Ingredients.*

Half a pot of Jam.  
Half a pound of Flour.  
Five ounces of Beef Suet.  
Salt.

Take the suet and chop it very finely; put the flour into a basin, and add to it chopped suet and a teaspoonful of salt; rub the suet into the flour well with the hands, and then add by degrees enough water to make it into a stiff paste; turn it out on to a floured board and roll it out very thin; take the jam, and spread it well all over the paste, and then roll the paste up. Take a clean cloth and wring it out in warm water, sprinkle a little flour over it and place the rolled paste in the middle, roll it round and tie up the ends securely with string. Put the pudding into a saucepan of boiling water to boil for two hours; when done, turn the pudding out of the cloth on to a hot dish.

## Sago Shape.

### *Ingredients.*

Five ounces of Sago.  
Two ounces of Castor Sugar.  
Three good tablespoonfuls of Raspberry Jam.  
Pint and a half of Water.

Put the sago into cold water to soak for four hours; strain it, and boil it in one and a half pints of water with the sugar for twenty minutes; when cooked stir in the jam, set it in a mould, turn out when cold, and serve with cream or custard round it.

## Semolina Pudding.

### *Ingredients.*

Half pint of Milk.  
One tablespoonful of Semolina.  
One Egg.  
One dessertspoonful of moist Sugar.  
Fat and Nutmeg.

Put the milk on the fire to boil; when it boils, sprinkle in the semolina and cook it well in the milk. Beat the egg with the

sugar in a basin, and when the semolina is sufficiently cool, stir it into the saucepan. Grease a pie-dish and pour in the mixture, grate a quarter of a teaspoonful of nutmeg over the pudding, and bake it for a quarter of an hour.

## Snowdon Pudding.

### *Ingredients.*

Quarter of a pound of Raisins.  
 Three ounces of Suet.  
 Quarter of a pound of Bread-crumbs.  
 Three-quarters of an ounce of Ground Rice.  
 Three ounces of Marmalade.  
 One Lemon (grated rind).  
 Two Eggs.  
 Half a gill of Milk.  
 Pinch of Salt.  
 Three ounces of Castor Sugar.

Ornament a greased pudding-basin with the raisins, stoned, cut in halves, but not divided, pressing the cut side on the basin. Put the suet finely-chopped, crumbs, rice, sugar, lemon, and salt into a basin, and thoroughly mix; then beat in the marmalade, eggs, and milk; pour the mixture into the ornamented basin, cover with a greased paper, and steam two hours.

## Spotted Dick.

### *Ingredients.*

Half a pound of Suet.  
 One pound of Flour.  
 Quarter of a pound of Currants, Raisins, or Sultanas.  
 One teaspoonful of Baking-powder.

Put a saucepan of water on to boil. Chop the suet up finely and mix the flour and baking-powder, then add enough water to mix it to a stiff paste. Roll out about half an inch thick, and spread the fruit over the paste; roll it up and wet the edges. Dip a pudding cloth in boiling water, wring it out and flour it, turn the paste on to the cloth, and tie it up tightly, allowing room for the pudding to swell. Put it in a saucepan of boiling water and boil it for one hour and a half.

## Stewed Apples.

### *Ingredients.*

Six Apples.  
One pint of Water.  
Half a pound of Castor Sugar.  
Two or three pieces of Lemon-peel.  
One teaspoonful of Cochineal.

Boil the water and sugar to a syrup. Take six apples of about the same size, peel them and core them with a cutter, taking care not to split them. Put them into a casserole with the syrup, lemon-peel and cochineal; let them cook gently until tender; you must be very careful not to let them boil. Send them to table cold in a glass or silver dish. The apples should be whole and the syrup clear. The lemon-peel must be taken out before serving.

## Suet Pudding. No. 1.

### *Ingredients.*

Half a pound of Suet.  
One pound of Flour.  
One teaspoonful of Baking-powder.

Chop the suet very fine and mix well with the flour and baking-powder; make this into a stiff dough with cold water. Dip a pudding-cloth into boiling water, dredge well with flour, put in the dough; tie it up securely in the cloth, but leave it room to swell. Boil in plenty of water two hours and a half.

## Suet Pudding (Rich). No. 2.

### *Ingredients.*

Quarter of a pound of Suet. Two Eggs.  
Three ounces of Flour. Half a pint of Milk.  
A little grated Ginger. Pinch of Salt.

Mince the suet as finely as possible, and mix it thoroughly with the flour; beat up the eggs, mix them with the milk, stir in the suet and flour, tie it loosely in a cloth, and boil one hour and a quarter.

## Swiss Roll.

### *Ingredients.*

Two tablespoonfuls of Milk.      Two Eggs.  
 The weight of two Eggs in Sugar and Flour.  
 Half a teaspoonful of Baking-powder.  
 Jam or Marmalade.  
 Fat or Butter,  $1\frac{1}{2}$  oz.

Cream the fat and sugar, add half the flour and one egg well beaten, then add the remainder of the flour and the other egg, and mix well together; then add the milk and the baking-powder. Grease a paper, fit it on a baking tin, and spread the mixture on it; bake about ten minutes. Spread over it three large tablespoonfuls of jam or marmalade, roll it up carefully, and sift castor sugar over it. In cold weather, the chill should be taken off the milk.

The same ingredients make **Canary Pudding**, leaving out jam or marmalade, and it must be put into a mould and steamed one hour.

## Tapioca Cream.

### *Ingredients.*

Two ounces of Tapioca.  
 Two ounces of Castor Sugar.  
 Two Eggs.    One pint of Milk.  
 Grated Lemon-peel.

Soak the tapioca in the cold milk for six hours; stir in the sugar and boil for twenty minutes; break the eggs, separate the whites from the yolks; beat the yolks lightly together, stir in the lemon-peel, and when the tapioca is a little cool stir them well into it. Pour this mixture into a glass dish; whip the whites of the eggs to a stiff froth, spread them on the top of the tapioca, and serve cold. Either rice or sago can be used instead of tapioca.

## Tapioca or Sago Blanc-Mange.

### *Ingredients.*

Five ounces of Tapioca.  
One pint and a half of Milk.  
Three ounces of Castor Sugar.  
Vanilla or Lemon.

Soak the tapioca for four hours in one pint of cold water, then stir it into the milk boiling, add the sugar, flavour it to taste with vanilla essence; boil it for fifteen minutes, then pour it into a mould; when it is cold, turn it out.

## Treacle Pudding. No. 1.

### *Ingredients.*

Half a pound of Flour.  
Quarter of a pound of Suet.  
Half a teaspoonful of Carbonate of Soda. Salt.  
Three-quarters of an ounce of ground Ginger.  
One gill of Treacle.  
Quarter of a pint of Milk. One Egg.

Chop the suet as finely as possible, and put it into a basin with the flour, carbonate of soda and ginger. Beat up the egg, mix the treacle and milk with it, and stir this into the mixture in the basin; add more milk if required to make the pudding moist. Grease a basin thoroughly, put the pudding mixture into it, cover with a greased paper. Have enough boiling water to come half-way up the basin in a saucepan, and steam for two hours.

## Treacle Pudding. No. 2.

### *Ingredients.*

One pound of Flour.  
Ten ounces of Suet.  
Two ounces of Bread-crumbs.  
One Lemon.  
Half a pint of Treacle. Salt.

Chop up the suet very finely; add it to the flour with a pinch of salt; mix it to a stiff paste with a little cold water. Line a

pudding-basin with the paste. Pour in a layer of treacle, then a layer of bread-crumbs and grated lemon-rind mixed, and so on alternately until the basin is full. Tie the basin over with a pudding-cloth, and boil for two hours and a half.

## Boiled Bread or Plum Pudding.

### *Ingredients.*

One pound of scraps of Bread.  
 Four ounces Flour.  
 Four ounces Brown Sugar.  
 Three ounces Currants.  
 Three ounces Plums.  
 Three ounces chopped Suet.  
 A pinch of ground Ginger.  
 A teaspoonful of Baking-powder.

Soak the bread for some hours and then press all the water out; mix in all the other ingredients, tie this up tightly in a floured cloth and boil for two hours.

## Bread Fritters.

### *Ingredients.*

Half-pint Milk.  
 Half-teaspoonful of Sugar.  
 A little Salt.  
 Two or three pieces of Lemon-peel.  
 One Egg. Two ounces Butter.  
 Six or eight pieces of Bread about quarter of an inch in thickness, and cut out with a round or oval cutter.

Boil the milk with the lemon-peel, sugar and salt in it, dip the pieces of bread in the milk, break the egg and beat it up, and dip the bread also in the egg; then fry the pieces a nice light brown in the butter, sprinkle over with castor sugar, or put some jam on the top and serve very hot.



## Cambridge Pudding.

### *Ingredients.*

One pound of Flour.  
 One and a half pints of skimmed Milk.  
 One Egg. Two ounces of Sugar.  
 Half-pound of Apples, peeled and sliced.

Make a smooth batter of the flour, milk and egg, add the sugar and the apples. Grease a basin, pour in the mixture, tie a floured cloth over the top, and boil for two hours. You can use any fruit you like instead of apples.

## Cottage Pudding.

### *Ingredients.*

Two pounds of Potatoes.  
 Three-quarters of a pint of Milk.  
 Two ounces of moist Sugar.  
 Two Eggs. Three ounces of Sultanas.

Peel, boil, and mash two pounds of potatoes, beat up the eggs, stir them with the sugar to the milk; pour this gradually to the potatoes and beat to a smooth batter; stir in the fruit, put into a pie-dish, and bake three-quarters of an hour.

## Curate's Pudding.

### *Ingredients.*

One pound of cooked Potatoes.  
 Two ounces of Butter.  
 Five ounces of loaf Sugar.  
 Two Eggs.  
 Two Lemons.  
 A little Salt.

While the potatoes are hot, rub them through a sieve; add the butter, melted, to the potatoes. Rub the rinds of the lemons on a lump of sugar, and add to the potato mixture, also the two eggs beaten up with a pinch of salt and the juice of the two lemons. Stir these ingredients all well together, put them into a buttered tin or pie-dish, bake in a moderate oven about thirty minutes; turn out on to a dish, and serve very hot.

## Rice Shape.

### *Ingredients.*

Three ounces of Rice.  
 One quart of Milk.  
 Three Eggs.  
 Two ounces Castor Sugar.  
 Rind of a Lemon or a few drops of Vanilla.

Wash the rice in cold water, then boil it very slowly in a quart of milk with the rind of the lemon cut very thin ; when the rice is quite cooked, take it off the fire and let it cool a little, sweeten it to taste and add the three eggs beaten up. Take a mould, melt the sugar and run it, when melted thoroughly, all over the mould, being careful to leave no part of it uncoated with sugar, pour the rice into the mould ; cover it over with buttered paper, and bake it for about half an hour ; then turn it out and pour a custard round it, not over it. Serve hot or cold.

## Windsor Pudding.

### *Ingredients.*

One pound Suet.  
 Six Eggs.  
 One pound of Bread-crumbs.  
 Quarter-pound Flour.  
 Half-pound Peel.  
 One pound Currants.  
 Half-pound moist Sugar.  
 Four raw Potatoes and four raw Carrots grated.

Mix all together and boil four or five hours.

## Yorkshire Pudding.

### *Ingredients.*

Four ounces of Flour.  
 One Egg.  
 Half-pint of Milk.

Salt the flour and break the egg into it with a little of the milk, and stir till quite smooth ; add the rest of the milk by degrees.

Put the pudding-tin under the meat you are roasting to catch some of the dripping, then pour in the pudding and bake half an hour. When done, cut into nice square pieces, put on a dish and serve.

## General Rules for Jam.

The fruit must be fresh and ripe, but not over-ripe ; it should be gathered dry. The proportion of sugar depends a good deal upon the kind of fruit. To stone fruit allow three-quarters of a pound of sugar to each pound of fruit. To most fruits allow a pound of sugar to a pound of fruit. Strawberry and raspberry jam is greatly improved by adding one gill of red-currant juice to every pound of fruit. Let the fruit boil for twenty minutes before you add the sugar ; skim well, add the sugar and boil for half an hour, carefully removing the scum as it rises ; always stir with a wooden spoon and be careful not to let the sugar stick to the pan and burn. To ascertain if the jam is sufficiently cooked put a few drops on to a plate, and if it sets as it cools it is ready to be put into the gallipots. If you wish to keep the fruit whole make a syrup of half a pound of sugar to one pint of water and boil for ten minutes, pour this over the fruit and let it stand by the fire for half an hour ; it must not boil, this would break the fruit. If making jam of stone fruit it is usual to crack some of the stones, take out the kernels, blanch and skin them, and add to the jam at the last minute. Pour the jam into gallipots, cover close on the jam with oil paper, then cover the pot with parchment paper dipped in water and dry with a cloth.

## Orange Marmalade.

### *Ingredients.*

Twelve Seville Oranges. One Lemon.  
One and a half pounds of Sugar to every pound  
of cooked fruit.

Weigh the fruit, and cut them into as thin slices as possible with a sharp knife, removing the pips only. Allow two and a half pints of water to each pound of fruit. Put the fruit and water into a jar or pan. Let it stand all night ; the next day turn

it into a preserving pan and simmer for about three hours till the rind is quite tender. Put it back into the jar or pan and let it get cold. Then weigh it again and to each pound add one pound and a half of sugar and boil it again for about twenty minutes until the syrup will jelly.

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## EGGS, SAVOURIES, & BREAK-FAST DISHES.

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### Curried Eggs.

#### *Ingredients.*

One ounce of Butter.  
 Half Apple.  
 One teaspoonful of Curry Powder.  
 Gill of Stock.  
 One dessertspoonful of Flour.  
 Two Eggs. Half Onion.

Fry some apple and onion, then stir in the curry powder and flour, and the stock ; simmer for fifteen minutes. Boil the eggs hard, and cut in six pieces ; warm half the pieces in the curry. Arrange the remaining half in a circle or dish ; pour the curry in the centre of the eggs, or a border of rice.

### Eggs sur le plat.

#### *Ingredients.*

Three Eggs.  
 One ounce of Butter.  
 Salt and Pepper.

Lightly butter a small oval dish, upon which break the eggs without breaking the yolks ; season lightly with a little pepper

and salt, put a few small pieces of butter here and there upon them, and then set the dish in a small oven, where let it remain until the whites become set, but by no means hard, and serve hot ; if the oven is moderately hot, they will take about ten minutes.

## Egg Croquets.

### *Ingredients.*

Three Hard-boiled Eggs.  
A little Chopped Onion.  
Parsley, Pepper, Salt and Nutmeg.  
Half an ounce of Butter.  
Two Raw Eggs.  
Bread-crumbs.

Chop up the eggs, yolk and white, very finely, pound them in a mortar with chopped parsley and a little onion, previously cooked, add pepper, salt, and a grate of nutmeg, a little butter (melted), rub through a sieve, add a little raw egg to bind, shape egg, crumb and fry, serve with fried parsley.

## Egg Fritters.

### *Ingredients.*

Two Eggs hard-boiled.  
Pepper.  
A few drops of Anchovy Essence.  
Anchovy Paste.  
Parsley.  
Bread-crumbs and an Egg.

Cut each egg in two, take out the yolk, pound it with the anchovy essence and half a teaspoonful of anchovy paste, add a pinch of pepper, rub through a sieve and fill the whites of egg with this mixture. Egg and crumb and fry. Serve very hot and garnish with fried parsley.

## Fish Savoury (Hot).

### *Ingredients.*

Six ounces of Fish.  
 One ounce of Butter.  
 One tablespoonful of White Sauce.  
 A few drops of Lemon-juice.  
 Onion, Parsley and Salt.  
 Bread-crumbs and a little Grated Cheese mixed  
 with the Bread-crumbs.

Take any cold fish you have left, pound it with a little butter chopped onion, previously cooked, and chopped parsley; add pepper and salt and a little white sauce. Make this very hot, spread it on hot croûtes of toast, sprinkle over with browned bread-crumbs and grated cheese, and serve.

## Fish Savoury (Cold).

### *Ingredients.*

Half a pound of Cold Fish.  
 A teaspoonful of Curry Paste.  
 A teaspoonful of French Mustard.  
 One ounce of Butter. Croûtes.  
 Salt, Pepper and Cayenne.  
 Chopped Parsley.

Take half a pound of any cold fish, pound it with the butter, curry paste and French mustard, rub it through a sieve, add a few drops of chilli vinegar, salt, pepper and Cayenne, and spread on the croûtes. Sprinkle a little chopped parsley on at the last.

## Ham Toast.

### *Ingredients.*

Three ounces of lean Ham.  
 One ounce of Butter.  
 Chopped Parsley.  
 Pepper. Toast.

Mince the ham very fine, and put it in a stewpan with the butter, chopped parsley and some pepper. When quite hot, pour it on some slices of hot buttered toast. Serve very hot.

## Kidneys à la Maître d'Hôtel.

### *Ingredients.*

Three Kidneys.  
 One teaspoonful of chopped Parsley.  
 One ounce of Butter.  
 One teaspoonful of Lemon-juice.  
 Pepper and Salt, and a few grains of Cayenne.

Mix the butter, parsley, cayenne pepper and salt all well together. Skin the kidneys, split them open, and run a skewer through them to keep them open ; put them on a gridiron, the inside of the kidneys next the fire first, turn them and grill for about seven minutes. Dish them up on croûtes of fried bread, sprinkle a little pepper and salt on each kidney, and put a small pat of the butter mixture also on each. Serve very hot.

## Kidneys and Potato Chips.

### *Ingredients.*

Three Kidneys. Three rashers of Bacon.  
 Six Potatoes. One ounce of Butter.  
 Pepper and Salt.

Wash and peel the potatoes, cut them into pieces about the size of your little finger, fry them a light brown in boiling fat. Take the skin off the kidneys, and cut them in half, and cook them in the frying-pan with the rashers of bacon ; do not put in the kidneys until the bacon is nearly cooked, and let them be slightly underdone and full of gravy. To serve, put the fried potatoes on a hot dish, with the bacon and kidneys neatly arranged on the top ; put a small piece of butter and a sprinkle of pepper and salt on each kidney. Serve very hot.

## Kidney and Tomato Sauce.

### *Ingredients.*

Three Kidneys.  
 One Onion chopped very fine.  
 One teaspoonful of chopped Parsley.  
 One ounce of Butter. One Egg.  
 Pepper and Salt, and Bread-crumbs.

Skin the kidneys and cut them in half ; melt the butter on a plate and mix into it the chopped onion and parsley, pepper and



salt, and the egg ; dip the pieces of kidney into this mixture, cover them lightly with the sifted bread-crumbs, and fry in boiling fat for from two to three minutes, taking care not to cook them too much. Place each kidney on a round piece of fried or toasted bread. Arrange the kidneys nicely on a hot dish and strain tomato sauce round them.

## Savoury Rice.

### *Ingredients.*

Three ounces of Rice.  
Half a pint of Milk.  
One ounce of Butter.  
Two ounces of grated Parmesan Cheese.  
Pepper and Salt.

Wash the rice, and boil it in the milk till quite tender, add the pepper and salt. Butter a dish, spread half the rice on it, sprinkle half the cheese on it ; add the rest of the rice, sprinkle over it the rest of the cheese, put the butter on the top in small pieces, and brown in a quick oven.

## Savoury Omelet.

### *Ingredients.*

Two Eggs.  
One ounce of Butter.  
Salt, Pepper, and chopped Parsley.

Break the eggs into a basin and beat lightly together, just enough to mix them thoroughly ; sprinkle in the chopped parsley, pepper and salt. Have the butter quite hot in the omelet-pan, pour in the eggs, stir quickly to prevent the mixture from sticking or burning. As soon as the edges are set, fold it over towards the handle of pan with your spoon, cook lightly for a moment, turn it on to a hot dish and serve. About a teaspoonful of very finely-chopped parsley is enough ; and a morsel of shallot and grated ham may be added if liked.

## Savoury Batter.

### *Ingredients.*

One ounce of Flour.  
One gill of Milk.  
Two Eggs.

Stir the milk gradually to the flour and cook for five minutes ; add pepper and salt, beat up the eggs and stir to the milk and flour, pour into a pie dish and bake for ten minutes.

## To Poach an Egg.

### *Ingredients.*

One Egg.  
One pint of Water.  
One teaspoonful of Salt.  
Two or three drops of Lemon-juice.

Put the water, salt and lemon-juice into a stewpan, and bring to the boil. Break the egg carefully into the boiling water. Keep the pan simmering till the white is quite set, about a minute and a half. Take it gently up with a slice, cut away the ragged edges, and serve on toast with slices of ham or bacon, or on spinach.

## Toast and Eggs.

### *Ingredients.*

Two Eggs.  
One ounce of fresh Butter.  
Salt and Pepper.

Break the eggs into a small stewpan, add the salt, pepper, and butter ; set the stewpan over a moderate fire, and stir the eggs round with a wooden spoon, being careful to keep every particle in motion, until the whole has become a smooth and delicate thickish paste ; have ready a convenient sized piece of toast, pour the eggs upon it, and serve immediately.

## Macaroni Cheese.

### *Ingredients.*

Quarter of a pound of Macaroni.  
 Half a pint of Milk.  
 Three ounces of grated Cheese.  
 One ounce of Butter.  
 Half an ounce of Flour.  
 Salt and Cayenne Pepper.  
 One teaspoonful of made Mustard.

Put a saucepan of water on the fire to boil; put in the macaroni with one teaspoonful of salt, and boil till tender; then take out the macaroni, cut it up into convenient pieces, and throw the water away. Melt one ounce of butter, stir in the flour, and add the milk and seasoning. Boil it well, put in the macaroni, let it cool a little, then add half the cheese. Turn it out on to a greased dish or tin, put the rest of the cheese over it; brown it with a salamander, or put it in the oven for ten minutes. Garnish with sippets of fried bread.

## Grilled Mushrooms.

### *Ingredients.*

Large Mushrooms.  
 Butter, Pepper, and Salt.

Peel the mushrooms, and cut off the stalks; put them on a gridiron, sprinkle a little pepper and salt on them and grill them for about ten minutes in front of a clear fire, putting the outside of the mushrooms towards the fire and not turning them. When cooked, serve on a hot dish with a little piece of butter on each.

## Scotch Woodcock.

### *Ingredients.*

Two hard-boiled Eggs. One ounce of Butter.  
 Slices of Toast. Anchovy Paste or Essence to colour.

### *For the Sauce.*

One gill of Cream or Milk. Two raw Yolks.  
 One teaspoonful of chopped Parsley.

Pound the hard yolks, butter and paste, and spread on the toast after seasoning with pepper, Cayenne, and salt. Spread all

sides of the toast, mix the cream and two raw yolks in a basin and cook over the fire, season and pour over the toast. Some parsley may be put in the sauce, and decorate the top with chopped parsley.

*Note.*—If milk is used put an extra yolk into the sauce. The dish looks like a sandwich covered with sauce. Is not effective to look at, but very good.

## Stewed Mushroom s.

### *Ingredients.*

One pint of Button Mushrooms.  
One ounce of Flour.  
One and a half ounce of Butter.  
Half a teaspoonful of Lemon-juice.  
Half a pint of White Stock (Second Stock will do).  
Pepper and Salt.

Peel the mushrooms carefully, but leave the stalks on; put them into a stewpan with the stock, lemon-juice, pepper and salt, and let them simmer for half an hour. Mix the butter and flour together on a plate with a knife until it is quite smooth, then stir it to the mushrooms and let all simmer another five minutes to cook the flour. Serve very hot.

## Potted Beet.

### *Ingredients.*

Two pounds of lean Beet.  
Two Allspice.  
Two Cloves.  
Four Peppercorns.  
One Bay-leaf.  
A saltspoonful of Salt.  
Half a saltspoonful of Pepper.  
Two ounces of Butter.  
Three Anchovies preserved in oil.  
A blade of whole Mace.

Butter the inside of a quart stone jar, and put the meat into it cut up in pieces; tie all the spice up in a piece of muslin, and put them also into the jar. Tie the cover on to the jar, and bake

in a moderate oven for two hours. Then take out the spices and pound the beef and anchovies well together in a mortar, and rub through a hair sieve. Put into pots, and cover close y over with clarified butter ; this will keep well for quite a week.

## Welsh Rare-bit.

### *Ingredients.*

One ounce of Cheese.  
One ounce of Butter.  
One teaspoonful of made Mustard.

Melt all these ingredients together in a stewpan, stirring well with a wooden spoon, then pour it over hot buttered toast. Serve very hot.

# BREAD, CAKES, AND BISCUITS.

## Bread.

### *Ingredients.*

Three and a half pounds of Flour.  
One ounce of Yeast.  
One teaspoonful of Salt.  
One teaspoonful of castor Sugar.

Put the yeast and sugar into a basin, and cream them together with a wooden spoon till liquid ; add one pint and a half of tepid water. Put the flour into a large basin, make a well in the middle, and strain the yeast and water into it. Work in a little flour from the sides, and set it down to rise. This is called "setting the sponge." When it has stood for twenty minutes the surface will be covered with bubbles ; take it up, and work all the flour in with your hand. When it is smooth cover it up, and set to rise for two hours. After that time take it up and knead it on a floured board for a quarter of an hour. This

quantity will make two half-quartern loaves. Divide the dough, make it into smooth balls without any cracks. If the bread is to be baked in tins, flour them, put in the dough, cut or prick the top, and set to rise for half an hour. For cottage loaves, divide each piece again into two, one rather larger than the other; make each into a ball, put the small one on the top of the large, and press the forefinger into the middle of the top. Put the bread into a hot oven ( $340^{\circ}$ ) for a quarter of an hour, and then remove it to a cooler part ( $320^{\circ}$ ) for an hour and a half. When done, stand it on its side to cool.

## Unfermented Bread.

### *Ingredients.*

One pound Flour.  
One and a half gill Water.  
Two teaspoonfuls of Baking-powder.  
Half teaspoonful of Salt.

Put the flour into a basin, add the baking-powder and salt, mix these well with the cold water; and bake in the oven for half an hour.

One pound Wholemeal.  
Half-pint Water.  
Two teaspoonfuls Baking-powder.  
Half teaspoonful Salt.

Prepare as above.

## Brandy Wafers.

### *Ingredients.*

Four ounces of Treacle.  
Four ounces of Butter.  
Three and a half ounces of Flour.  
Three ounces of Castor Sugar.  
A teaspoonful of Ground Ginger.  
A teaspoonful of Brandy.  
A teaspoonful of grated Lemon-rind.

Melt the treacle, sugar, and butter together, then stir in gradually the flour, ginger, lemon-rind, and brandy; mix all these well together. Grease a baking-tin, and drop the mixture on to it in spoonfuls about two inches apart, so as to give them plenty

of room to run. Bake them in a quick oven for about a quarter of an hour. Watch them carefully till they are done, as they are liable to brown quickly. When cooked roll them up at once, or else they will break.

## Buns.

### *Ingredients.*

Three gills of Milk. One ounce of Yeast.  
One teaspoonful of Castor Sugar. Half a pound of Flour.

Rub the flour through a sieve into a basin ; cream the yeast and sugar together in a small basin, and add to it the milk lukewarm ; strain the milk with the yeast and sugar into the flour and beat them well together ; cover the basin with paper, and set this sponge to rise for about one hour.

In another basin put :

One pound and a quarter of Flour.  
Quarter of a pound of Fat.  
Two ounces of Candied Peel. Two Eggs.  
Quarter of a pound of Sultanas.  
Quarter of a pound of Sugar.

When the sponge in the first basin has risen, beat in all these dry ingredients from the second basin, with the two eggs. Thoroughly mix and beat them for about five minutes. Then set this sponge to rise again for about one hour and a half ; shape this mixture in spoonfuls like buns, and bake them on a greased tin for half an hour. When cooked, and while they are hot, brush them over with a little milk and sugar to glaze them.

## Cake, Delicious.

### *Ingredients.*

Four ounces of Butter.  
Three Eggs.  
Half a pound of Flour.  
One teaspoonful of Baking Powder.  
Six ounces of Sugar.  
Half a teaspoonful of Lemon-rind (grated),  
Quarter of a teacupful of Milk.

Cream the butter and sugar. Mix in the eggs and stir in the flour, baking powder, and lemon rind lightly. Place the mixture in a lined tin, and bake in a moderate oven for one hour.



## Cornflour Cake.

### *Ingredients.*

Two ounces of Flour.  
Two ounces of Cornflour.  
Quarter of a pound of Castor Sugar.  
Two ounces of Butter.  
Half teaspoonful of Baking-powder.  
Two Eggs.

Beat the butter into a cream, add the castor sugar, and mix well; break in the eggs, and beat all well together. Now stir lightly into the mixture the cornflour, flour, and baking-powder, and beat it well for five minutes. Grease a cake-tin, pour the mixture in, and put it immediately into the oven to bake for half an hour. When done, stand the cake on a sieve to prevent its getting heavy.

## Crumpets.

### *Ingredients.*

One pound of best Flour.  
Two tablespoonfuls of Brewer's Yeast.  
Half a teaspoonful of Salt.  
About a pint and a quarter of lukewarm Water.

Time required (for rising, two hours and ten minutes), about a quarter of an hour.

Put the flour in a large basin, and mix in the salt. Put the yeast in a jug with the lukewarm water, stir it up, and let it stand for ten minutes, then pour it gently on to the flour, but do not disturb the sediment at the bottom of the jug. Mix it well till it is a smooth batter about the same consistency as for Yorkshire pudding, cover the basin with a cloth, and stand it aside in a warm place or in some warm water, to rise for two hours.

Place the rings, made for the purpose, on to the hot iron or stove for baking, and pour the batter gently into the rings (without disturbing the bottom of the batter) and bake them. They must be watched, and when the top of the batter is covered with small bladders turn the rings carefully to the other side with a palette knife, when they will soon be done. They will only take about five minutes to bake. For serving they should be toasted and buttered.

*N.B.*—Crumpets must be baked on a hot plate, not in the oven, and it is necessary to bake them in rings, or the batter will not keep in shape. German yeast (about one ounce) might be used, but brewer's yeast is better.

They will bake well in a *small* frying-pan.

## Dough Cake.

### *Ingredients.*

Half a quartern of Dough.  
One Egg.  
Quarter of a pound of Sugar.  
Quarter of a pound of Currants.  
Two ounces of Butter.  
One ounce of Candied Peel.

Put the dough into a basin and mix it with the currants (well washed), the sugar, and the candied peel (finely chopped). Break the egg into the basin and add the butter to it, and beat all the ingredients well together. Grease a tin and turn the mixture into it, and put it into the oven to bake for forty minutes ; when done, turn it out of the tin on to its side to cool.

## Gingerbread Cake.

### *Ingredients.*

One pound and a half of Flour.  
One pound of Treacle.  
Half a pound of Fat.  
Quarter of a pound of Peel.  
Half a pound of Sugar. Three Eggs.  
One gill of Milk.  
One teaspoonful of Carbonate of Soda.  
One ounce and a half of Ground Ginger.

Pass the flour and ground ginger through a sieve into a basin ; shred the peel finely, and add it to the flour. Put the fat, treacle, and sugar into a stewpan to dissolve ; beat the eggs in a small basin, then put the soda into another small basin ; add to it the milk last. Mix the flour with the treacle, eggs, and milk, and well beat them. Turn the mixture into a greased cake-tin, and bake in a moderate oven for about one hour and a half.

## Gingerbread Nuts.

### *Ingredients.*

One pound of Flour. Half a pound of moist Sugar.  
 Half a pound of Treacle.  
 Quarter of a pound of Candied Orange Peel.  
 One ounce of ground Ginger.  
 Half an ounce of ground Caraway Seeds.  
 Half a pound of Butter.

Cut the orange-peel up small, rub in the butter, and mix all the above ingredients well together; set it by for half an hour. Then roll it out in pieces about the size of a walnut, lay these on a baking sheet, press them flat with your hand, and bake in a slow oven for ten minutes.

## Ginger Nuts.

### *Ingredients.*

Half pound Flour.  
 One Egg.  
 Quarter pound Sugar.  
 Three ounces Butter (about).  
 Half ounce to one ounce of Ground Ginger.  
 A tablespoonful of Honey or Treacle.

Cream the butter and sugar together, stir in the other ingredients, working it well until it forms a rather stiff batter. Drop on to a buttered tin, in quantities of about one teaspoonful, and bake for fifteen minutes.

## Lemon Jumbles.

### *Ingredients.*

One Egg.  
 Five ounces of Castor Sugar.  
 Three ounces of Butter.  
 Fourteen ounces of Flour.  
 Three teaspoonfuls of Milk.  
 One teaspoonful of Cream of Tartar.  
 Quarter of a teaspoonful of Carbonate of Soda.  
 Juice of two Lemons and the grated rind of one.

Cream the butter, sugar, and egg well together; then stir in the

milk, the lemon-juice, and rind. Mix the carbonate of soda and the cream of tartar into the flour, and stir it gradually into the other ingredients till you have a rather stiff paste; then roll it out rather thin, cut it out with a cutter or twist it into an S, and bake in slow oven about ten minutes.

## Milk Biscuits.

### *Ingredients.*

One gill of Milk.  
One ounce of Butter.  
Half a pound of Flour.  
One teaspoonful of Baking-powder.

Put the milk and butter into a saucepan to warm; put the flour into a basin with the baking-powder. When the milk is hot pour it into the flour, and stir it carefully into a smooth paste. Flour a board, turn the paste out on it, and roll it out as thin as possible. Take a tumbler, and flour it round the edge, and cut the paste into rounds with it; grease a tin and place the biscuits on it, and put them in the oven for twenty minutes, then turn them off the tin to cool.

## Milk Rolls.

### *Ingredients.*

One pound of Flour.  
Two ounces of Butter.  
Half a pint of Milk.  
One teaspoonful of Baking-powder.

Take the flour and put it into a basin with the baking-powder rub in the butter with your hands, then add sufficient milk to make it into a firm dough, about half a pint. Sprinkle the board with flour and turn the dough on to it, cut it into twelve pieces, forming each piece into a small roll. Flour a baking tin, and place the rolls on it, put them into the oven, and let them bake for twenty minutes.

## Muffins.

### *Ingredients.*

Two pounds of best Flour. One pint of Milk.  
One gill of Yeast or one ounce of French Yeast.  
Two Eggs. Two ounces of Butter. Salt.

Make the milk quite warm, stir in two eggs, two ounces of butter, one gill of yeast, and a little salt; mix these all well together, strain it and stir it in gradually to the flour. Beat it thoroughly, and set the dough to rise for three or four hours. Then work the dough up again, break it into small pieces, roll them up quite round, cover them for a quarter of an hour, and bake them on the top of the stove; turn them when done on one side. Muffins will take ten to fifteen minutes to bake.

## Oatmeal Biscuits.

### *Ingredients.*

Five ounces of Flour.  
Seven ounces of Oatmeal.  
One ounce of Castor Sugar.  
Four ounces of Lard or Butter.  
Quarter of a teaspoonful of Carbonate of Soda.  
One Egg.

Melt the lard or butter, mix together the flour, oatmeal, sugar, and carbonate of soda, then stir in the melted butter. Break the egg with a little water into a teacup, beat slightly and stir in with the other ingredients till it becomes a paste. Turn the paste on to a board and roll it out very thinly, then cut it into rounds with a tumbler. Grease a tin and place the biscuits on to it and bake for twenty minutes.

## Potato Rolls.

### *Ingredients.*

One pound of Potatoes.  
One pound and a half of Flour.  
Two ounces of Butter.  
One ounce of Yeast and Salt.  
One pint of Milk and Water.

Boil the potatoes, mix the butter into them, and pass them through a sieve, using a little of the milk and water to help them

through. Make the rest of the milk and water quite warm, and melt the yeast in it; stir this to the potatoes, then pour the whole gradually to the flour, adding the salt. Knead it well, and let it rise before the fire for one hour. Work the dough well, shape it into rolls, and bake about half an hour in a moderate oven, not quite as hot as for bread. These rolls are very nice toasted and buttered.

## Rice Buns.

### *Ingredients.*

Two ounces of Flour.  
Quarter of a pound of Ground Rice.  
Two ounces of Sugar.  
Two ounces of Fat. Two Eggs.  
Half a teaspoonful of Baking-powder.  
Half gill of Milk.

Cream the sugar and butter, add half the flour and one egg, then the remainder of the flour, egg, milk, and baking-powder. Grease some small tins or patty-pans, and fill them two-thirds full with the mixture. Put them into the oven and bake them for fifteen minutes; when done, lean them against a plate to get cold. This is sufficient for twelve buns.

## Rock Cakes.

### *Ingredients.*

Half a pound of Flour.  
Quarter of a pound of Currants.  
Quarter of a pound of Sugar.  
One ounce of Candied Peel.  
One teaspoonful of Baking-powder.  
One teaspoonful of grated Nutmeg or Ginger.  
Three ounces of clarified Dripping.  
One Egg. About one tablespoonful of Milk.

Put the flour and baking-powder into a basin and rub into them the dripping until there are no lumps remaining, then take the currants and rub them in a clean cloth to see that there are no stones in them; add these to the flour, also the nutmeg and sugar. Cut up the candied peel and add it to the other ingredients, mix them with a wooden spoon. Break the egg into a cup and beat it up with the milk and mix it with the rest. Grease a

tin with dripping, and divide the paste into little rough heaps and lay them on the tin; put them into the oven to bake for about fifteen minutes. Sufficient for twelve to fourteen cakes.

## Scones.

### *Ingredients.*

One pound of Flour.  
Half-pint of Milk.  
Three ounces of Fat.  
Half an ounce of Cream of Tartar.  
Quarter of an ounce of Carbonate of Soda.  
One ounce of Sugar.

Take all these ingredients at light weight.

Mix the cream of tartar and carbonate of soda into the flour, and rub it through a sieve; then rub the fat into the flour. Add the sugar; put the flour into a small basin, pour in the milk, and mix it into a smooth paste; then roll it out to a thin sheet and cut it into triangular pieces. Flour a tin and put the scones on to it, and bake them directly in the oven from thirty to forty minutes. When they are half done, brush them over with milk. Sufficient to make eight large scones.

## Seed Cake.

### *Ingredients.*

Half a pound of Flour.  
Two ounces of Sugar.  
One teaspoonful of Baking-powder.  
One teaspoonful of Caraway Seeds.  
Three ounces of clarified Dripping.  
One gill of Milk. One Egg. Salt.

Put the flour into a basin, then take the dripping and rub it well into the flour with the hands until it is without lumps; add to this the sugar, baking-powder, and caraway seeds, mixing them well together with a wooden spoon. Break the egg into a cup and beat it up with the milk; pour this in with the other ingredients, and mix the whole quickly into a stiff paste and put it into a well-greased tin, and let it bake for one hour. When the cake is sufficiently baked, run a knife into the centre of it, and if it comes out perfectly bright the cake is done; stand it on its side to cool. Sufficient to make twelve cakes.



## Shortbread.

### *Ingredients.*

Quarter of a pound of Flour.  
Two and a half ounces of Butter.  
One ounce of Castor Sugar.

Rub the butter into the flour, add the sugar, and mix well together. Flour a board and turn the paste on to it, and knead it well; then roll it out pretty thinly, and cut it into oval shapes. Grease a baking tin and put the shortbread on to it, and let them bake till a pale brown, when they will be done.

## Shrewsbury Cakes.

### *Ingredients.*

Quarter of a pound of Butter.  
Quarter of a pound of Castor Sugar.  
Eight ounces of Flour.  
One teaspoonful of grated Lemon-rind.  
One Egg.

Beat the butter and sugar to a cream, then add to them the egg and lemon-rind; beat all well together, and then stir the flour in smoothly. Flour a board and turn the paste on to it, roll it out as thin as possible, and cut it into rounds with a floured wine-glass. Put them on a greased baking tin in the oven to bake for twenty minutes, when they will be ready for use.

## Sultana Cake.

### *Ingredients.*

Half a pound of Flour.  
Quarter of a pound of Sultanas.  
Three ounces of Dripping.  
Three ounces of Castor Sugar.  
One Egg. Salt.  
One gill of Milk.  
A teaspoonful of Baking-powder.  
One ounce and a half of Candied Peel.

Put the flour through a sieve into a basin, then add baking-powder and half a teaspoonful of salt, mixing them well together; put to them the dripping and rub it well until there are no lumps

remaining, then add the fruit cleaned, and the candied peel, the latter cut into small pieces, together with the sugar. Break one egg into a basin and add to it the milk and beat them up; stir this in with the ingredients in the other basin, mixing them well together. Grease a tin with dripping, line with greased paper, and pour the mixture into it, put it into a moderate oven and let it bake for about an hour. After this time take the cake out of the tin and stand it on its side, which will prevent its getting heavy.

## Wheat-meal Bread.

### *Ingredients.*

One pound and three-quarters of Wheat-meal.  
 Half an ounce of Yeast.  
 Two gills of Water.  
 One gill of Milk.  
 Half a teaspoonful of Salt.  
 Half an ounce of Castor Sugar.

Mix the milk and water, and make them tepid. Put the yeast and sugar into a small basin, and rub them together with a wooden spoon, till they are liquid. Put the whole-meal and salt into a basin. Add the tepid milk and water gradually to the liquid yeast. Make a well in the centre of the flour, and pour in the liquid; stir sufficient flour into this to make a thin batter, and set in a warm place to rise for thirty minutes. Then work in all the flour, adding more moisture as may be required; knead the bread for five minutes, make it into a shape, stand the bread on a floured tin in a warm place to rise for thirty minutes, then bake in a steady oven one hour and a half.

## White Gingerbread.

### *Ingredients.*

One pound of Flour.  
 Half a pound of Butter.  
 Half a pound of Castor Sugar.  
 One Lemon.  
 One ounce of ground Ginger.  
 Half a teaspoonful of Carbonate of Soda.  
 One gill of Milk.

Rub the butter into the flour, add the sugar, ground ginger, and grated rind of lemon; mix well; warm the milk, and stir in

with the carbonate of soda. Work this into a smooth paste, roll it out and stamp out the cakes with a round cutter. Place these on a baking-sheet and bake in a moderate oven about fifteen to twenty minutes.

## Yorkshire Tea-cakes.

### *Ingredients.*

Three-quarters of a pound of Flour.  
One and a half gills of Milk.  
One ounce of Fat.  
One Egg.  
Half an ounce of German Yeast.  
A teaspoonful of Castor Sugar.

Cream the sugar and the yeast ; melt the fat in a saucepan ; pour the milk on to it, and make it lukewarm ; pour this on to the yeast and sugar. Pour the yeast and milk through a strainer into the flour, add the egg beaten up, and mix well together. Flour a board and turn the dough on to it, beat it, and cut it into cakes. Grease some cake-tins and put the cakes in, and stand by the fire to rise for one hour, then bake them for a quarter of an hour.

## S A U C E S .

### Apple Sauce.

#### *Ingredients.*

One pound of Apples.  
The peel of half a Lemon.  
Half ounce of Butter. Two ounces of moist Sugar.  
One gill of Water.

Peel, core, and cut up the apples ; cook them with the other ingredients till tender ; take out the lemon-peel, and rub the apples through a hair sieve, or beat them smooth with a wooden spoon. To be served with roast goose, duck, or pork.

## Bread Sauce.

### *Ingredients.*

Two ounces of Bread-crumbs without crust.  
 Half pint of Milk.  
 One small Onion.  
 Four Peppercorns.  
 Half ounce of Butter.

Put the milk into a saucepan, and when it boils add the bread-crumbs, onion and peppercorns and a little salt. Let this stand on the hob for fifteen minutes, then take out the onion and peppercorns; stir in the butter, and serve.

## Brown Sauce.

### *Ingredients.*

One small Carrot.  
 One Onion.  
 One ounce of Flour.  
 One ounce of Butter or Fat.  
 Three gills of Stock or Water.

Cut up the carrot and onion into thin slices, and fry them with the flour in the butter to a nice brown. Then stir in the stock or water, and boil well for ten minutes; if you use stock, the sauce will be brown enough; but if you use water, it will require to be coloured with a little burnt sugar.

## Boiled Custard.

### *Ingredients.*

Half a pint of Milk.  
 Three yolks of Egg.  
 One white of Egg.  
 Half an ounce of Castor Sugar.  
 Vanilla Essence.

Beat up the yolks and white of egg in a basin. Make the milk hot and pour it on to them. Put the mixture into a jug, and place it in a saucepan of hot water over the fire. Stir until the custard thickens. Pour into a basin, add the sugar and vanilla, and allow it to stand until cool.

## Caper Sauce for Boiled Mutton.

### *Ingredients.*

One ounce of Butter.  
 One ounce of Flour.  
 Three gills of Stock.  
 Salt.  
 Two tablespoonfuls of Capers.  
 One teaspoonful of Caper Vinegar.

Mix the flour and butter together in a stewpan, stir in the stock, and let it boil for five minutes. Salt to taste ; stir in two tablespoonfuls of capers cut in halves, and the caper vinegar. Let it simmer gently for two minutes, and it is ready for use.

## Cornflour Sauce.

### *Ingredients.*

Half an ounce of Cornflour.  
 Half a pint of Milk.  
 Half an ounce of Castor Sugar.  
 The rind of one Lemon.

Peel the lemon and put the rind into the milk ; stir in the sugar ; let it just boil, and strain it on to the cornflour, stirring all the time. Let the sauce boil for a minute to cook the cornflour, and it is ready for use.

## Liver and Parsley Sauce.

### *Ingredients.*

Liver of Fowl, or Rabbit, or Fish.  
 Parsley. Salt.  
 One ounce of Butter.  
 Half ounce of Flour.  
 One and a half gills of Water.

Wash the liver ; see that it is perfectly fresh ; boil it for five minutes in a little water ; rub it through a sieve with a spoonful of the water it was cooked in. Boil a few parsley leaves in salt and water ; drain them ; chop them very finely and mix them with the liver. Cook the butter and flour together, stir in the water ; let it boil ten minutes, mix in the chopped liver and parsley, and serve with boiled rabbit or fish.

## Marmalade Sauce.

### *Ingredients.*

Half an ounce of Cornflour.  
 One tablespoonful of Marmalade.  
 Half a pint of Water.  
 The juice and rind of one Lemon.  
 One tablespoonful of Castor Sugar.

Put the cornflour into a basin, stir in the lemon-juice, put the rind of the lemon into the water and boil; when it boils, strain it into the cornflour, stirring all the time. Put this into a saucepan over the fire, stir in the marmalade and sugar. When well mixed, pour it round the pudding.

## Melted Butter.

### *Ingredients.*

One ounce of Butter.  
 Half an ounce of Flour.  
 One and a half gills of cold Water.

Melt the butter in a saucepan over the fire, and stir in the flour; then add one and a half gills of cold water, stirring it to make it smooth, until it boils and thickens. It should boil well, to cook the flour; nothing is so nasty as to taste the raw flour in sauces.

## Mint Sauce.

### *Ingredients.*

One gill of Vinegar.  
 Three tablespoonfuls of chopped Mint.  
 Two ounces of moist Sugar.  
 A little Salt.

Put the sugar and salt into the vinegar, and when both are *thoroughly melted*, stir in the mint.

## Sweet Melted Butter.

### *Ingredients.*

Half an ounce of Butter.  
Quarter of an ounce of Flour.  
One and a half gills of Milk.  
Half an ounce of Sugar.

Melt the butter and flour together in a stewpan over the fire ; stir in the milk by degrees, add the sugar, and stir till it boils and thickens ; let it boil a few minutes to cook the flour. Pour round the pudding and serve. This sauce can be flavoured with a few drops of vanilla if liked.

## Orange Syrup.

### *Ingredients.*

One pint of Orange-juice.  
One and a half pounds of Castor Sugar.

Boil these together slowly and skim as long as any scum rises. When cold, bottle it off and cork it securely. Two tablespoonfuls of this syrup to quarter of a pint of melted butter makes a capital sauce for puddings. A teaspoonful will flavour custards, etc.

## Onion Sauce.

### *Ingredients.*

Three Onions.  
Three gills of Milk.  
One ounce of Flour.  
Half an ounce of Butter.  
Pepper and Salt.

Peel the onions, cut them in quarters, and boil in a little water till quite tender, then strain them and throw away the water. Melt butter, stir the flour into it, then add the milk and the onions chopped up, but not too finely, and stir till it thickens and the flour is cooked. Season with pepper and salt to taste.



## Parsley and Melted Butter.

### *Ingredients.*

An ounce of Butter.  
 Half an ounce of Flour.  
 Some chopped Parsley.  
 One and a half gills of cold Water.

Melt the butter in a stewpan, and stir in the flour very smoothly; add the cold water and the parsley, and stir till it thickens.

## Parsley and Butter Sauce.

### *Ingredients.*

One ounce of Butter. One ounce of Flour.  
 One gill of Milk. Salt.  
 Half a pint of the liquor Veal has boiled in.  
 One tablespoonful of chopped Parsley.

Melt the butter in a stewpan, and stir in the flour; then add, slowly stirring all the time, half a pint of stock or liquor; let it boil and thicken. Add the milk, a pinch of salt, and last of all the chopped parsley.

## Piquante Sauce.

### *Ingredients.*

One tablespoonful of Vinegar.  
 One Onion.  
 One Shallot.  
 One dessertspoonful of Harvey, and one of  
 Mushroom Ketchup.  
 One small Carrot.  
 One ounce of Butter.  
 Half an ounce of Flour.  
 Half a pint of Stock, or the liquor Veal has boiled in.  
 Pepper and Salt.

Melt the butter in a stewpan, cut the vegetables into small pieces, and fry them brown in the butter with the flour; then add the vinegar, and boil till reduced to a teaspoonful; add the stock, and Harvey and mushroom ketchup; stir till it boils, then skim and strain.

## Rice Sauce.

TO BE USED INSTEAD OF BREAD SAUCE.

### *Ingredients.*

Two ounces of Rice. One pint of Milk.  
A small Onion. Twelve Peppercorns.  
A small blade of Mace.

Wash the rice and put it into the milk with onion, mace and peppercorns; let it boil till quite tender; take out the spice and onion, and run the rice through a sieve, reheat and serve. A tablespoonful of cream is an improvement.

## Sage Stuffing.

### *Ingredients.*

Half ounce of Sage leaves, powdered.  
Half pound of Onions.  
Two ounces of Bread-crumbs.  
One ounce of Butter. Pepper and Salt.

Boil the onions for five minutes, then chop them up; add the sage, bread-crumbs, butter, pepper and salt, mix all well together, and use for stuffing ducks, geese, and pork.

## White Sauce.

### *Ingredients.*

One ounce of Flour.  
Two ounces of Butter.  
One pint of Milk.  
Two Bay-leaves.  
A little Nutmeg.  
Salt to taste.  
A few drops of Lemon-juice.

Mix the flour and butter together in a stewpan with a wooden spoon; when well mixed stir in the milk, add the bay-leaves, nutmeg and salt, and stir over the fire till it boils and thickens.

Be sure that the flour is well cooked ; before using take out the bay-leaves. Mussels, cockles or oysters are very good to put into this sauce : the fish does not want cooking, only to get hot in the sauce, which would be improved by the addition of a little of the liquor of the fish. Add the lemon-juice last.

## Tomato Sauce.

### *Ingredients.*

Half a pound of Tomatoes.  
 One small Onion.  
 One small Carrot.  
 One bunch of Herbs.  
 Six Peppercorns.  
 Two ounces of Bacon.  
 Half a teaspoonful of Cornflour.  
 One gill of Stock. Salt.

Cut up the bacon and put it into a saucepan ; peel and cut up the onion and carrot, put these into the saucepan with the bacon, add the thyme, bayleaf, salt and the tomatoes sliced. Stir this over the fire for about five minutes, add the stock and boil for about twenty minutes until the vegetables are cooked, then pass it through a hair sieve ; return it to the saucepan to reheat, and it is ready for use.

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## SICK-ROOM COOKERY.

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### Thin Barley Water.

#### *Ingredients.*

Two ounces of Pearl Barley.  
The rind of a Lemon.  
Two lumps of Loaf Sugar.

Blanch the barley and put it into a jug; peel a lemon very thinly, and put it with the sugar into the jug with the barley; then pour one pint of boiling water into it, cover it up, and let it stand till cool, then strain it.

### Thick Barley Water.

#### *Ingredients.*

Two ounces of Pearl Barley.  
One quart of Water.  
Rind of a Lemon.  
Loaf Sugar.

Wash the barley well in several waters, boil it gently for two hours in a quart of water. Peel the lemon very thinly, and put the peel into a jug. When the barley water has boiled for two hours strain it into the jug on to the lemon peel. When it is cool, take out the peel and sweeten it to taste with about four lumps of sugar.

## Another Recipe for Barley Water Made with Patent Barley.

### *Ingredients.*

One ounce of Patent Barley.  
One quart of Water.  
Rind of one Lemon.  
Loaf Sugar.

Mix an ounce of patent barley to a smooth paste with about a wine-glass of cold water, then pour one quart of boiling water on to this, and stir while boiling for five minutes. Put the lemon peel into a jug, pour the barley water on to the peel. When cold, remove the peel and sweeten with loaf sugar to taste.

## Beef Tea. No. 1.

### *Ingredients.*

One pound of Gravy Beef.  
One pint of Water.

Cut the beef up very small, taking care to remove all skin and fat, and put it into a saucepan with a pint of cold water, and half a saltspoonful of salt. Put the saucepan on the fire and stir till the juice is extracted ; then strain the beef-tea and use at once. Beef-tea must not boil. The meat becomes white as all the juice is gone into the water.

## Beef Tea. No. 2.

### *Ingredients.*

Half-pound of Gravy Beef.  
Half pint of Water.

Take the beef and cut it up very finely, removing all skin and fat, then put it into a stone jar with half a pint of water, put the lid on the jar and tie a piece of paper over it. Stand the jar in a saucepan of boiling water for three hours, or in the oven for one hour and a half ; after that time pour the beef-tea into a cup. Salt according to taste.

## Beef and Sago Broth.

### *Ingredients.*

Two pounds of Gravy Beef.  
Three ounces of Sago.  
Two yolks of Eggs.  
Two quarts of Water.  
Salt.

Cut up the beef and stew it slowly in two quarts of water for quite three hours. Then strain it, add a teaspoonful of salt to the liquor, and three ounces of sago; let this boil gently for half an hour. Draw the saucepan off the fire; break two yolks of egg into a basin, add to them a little of the broth, stir this well and then add it to the broth, which must not boil after the eggs are in, or they will curdle. Serve with toast.

## Cornflour Blanc-Mange.

### *Ingredients.*

Three ounces of Cornflour.  
One quart of Milk.  
One ounce and a half of Loaf Sugar.  
One inch of stick Cinnamon.

Put the milk, sugar, and cinnamon into a saucepan and put it on the fire to boil. Put the cornflour into a basin and mix it smoothly with a little milk. When the milk in the saucepan is quite boiling, stir in the cornflour quickly and let it boil for two minutes, stirring continually. Take a basin or mould and rinse it out in cold water. Take out the cinnamon, pour the cornflour into the basin, and stand it aside to cool; when cold, turn it out on to a dish.

## Blanc-Mange.

### *Ingredients.*

One pint of Milk.  
Half an ounce of Gelatine.  
One Lemon (rind).  
One and a half ounce of Castor Sugar.

Put the milk into a saucepan with the sugar, lemon-rind, and gelatine. Let these ingredients stand by the fire until the milk is

well flavoured and the gelatine dissolved. Rinse a mould out with cold water, and strain the milk into it. When it is quite set, turn it out and serve.

## Cup of Arrowroot.

### *Ingredients.*

One dessertspoonful of Arrowroot.  
Half a pint of Milk.

Put half a pint of milk in a stewpan on the fire to boil. Put the arrowroot into a basin, add to it by degrees a little cold milk and stir it to a smooth paste. When the milk in the stewpan is quite boiling, pour it on to the mixed arrowroot, and stir well with a wooden spoon to make it smooth; serve with sugar or salt.

## Gruel.

### *Ingredients.*

Two dessertspoonfuls of Patent Groats.  
One pint of Water or Milk.

Put two dessertspoonfuls of patent groats into a basin, and mix to a smooth paste with a little cold milk or water; then add to it one pint of boiling milk or water, stirring well with a wooden spoon, and let it boil for ten minutes. Take care that it is not lumpy, and serve with sugar or salt according to taste.

## Lemonade.

### *Ingredients.*

Two Lemons.  
Loaf Sugar.

Put a kettle of water on the fire to boil. Peel, very thinly, the lemons and cut off all the pith, then cut them into thin slices and take out all the pips; put half the rind and the slices of



lemon into a jug, then add loaf sugar to taste. When the water is quite boiling, pour one pint into the jug, cover it over and stand it to cool, and when cold strain it into another jug.

## Porridge.

### *Ingredients.*

One teacupful of coarse Scotch Oatmeal.  
One pint of Water.  
Half a teaspoonful of Salt.

Boil the water, put in the salt while the water continues boiling, then gradually sprinkle in the oatmeal with one hand and stir continually with the other. Boil for thirty minutes.

## Rice Jelly.

### *Ingredients.*

Four ounces of Rice.  
Three pints of cold Water.  
A pinch of Salt.  
Two ounces of Sugar.

Soak the rice for two hours in a little warm water, then add three pints of cold water, a pinch of salt, and the sugar; boil it till it is reduced to one pint, strain it into a china mould rinsed out with cold water, and when cold turn it out.

## Savoury Custard.

### *Ingredients.*

One gill of Stock.  
Three Eggs.  
Butter.

Break the yolks of three eggs and the white of one into a basin, add the stock and some salt, and whisk well together; pour the mixture into a greased gallipot; cover it with a

piece of buttered paper, tie it down, put it into a saucepan of boiling water, and let it simmer for a quarter of an hour; after that time take the gallipot out and turn the custard on a plate to cool.

## Veal Tea.

### *Ingredients.*

Stock.  
One Carrot.  
One Turnip.  
One Onion.  
One and a half ounces of Pearl Barley.  
Seasoning.  
One teaspoonful of chopped Parsley.

The stock should be from a boiled knuckle of veal. Soak the barley, then cook it in the stock for half an hour. Shred the vegetables very finely, and allow them to cook for a quarter of an hour. Just before serving put in the chopped parsley, then add the seasoning.

## Veal and Sago Broth.

### *Ingredients.*

Two pounds of knuckle of Veal.  
Two quarts of cold Water.  
Three ounces of Pearl Sago.  
Two yolks of Eggs.  
One gill of Milk.

Put the sago in a basin with a little warm water to soak, while the broth is cooking. Break up the veal and put it into a stewpan with two quarts of cold water and a little salt; let it just boil up and skim it well, draw it off the fire and let it simmer gently with the lid on for four hours. Then strain it and put it back in the stewpan with the sago, and let it simmer for half an hour longer. Draw the broth off the fire and let it cool a little; beat

up the two yolks of eggs with the milk and stir them into the broth ; stir it over the fire again for a minute to cook the eggs, but do not let it boil, or they will curdle.

## How to Fry.

To fry is to *boil* in fat or oil, therefore the fat must *boil*, and it must *cover* whatever you wish to fry. When *fat* boils it is quite still—leaves off moving or bubbling, and a thin blue smoke or vapour rises from it. Oil takes longer to boil than fat, is nicer and more economical to fry in, as it wastes much less in use. Oil will not clarify like fat, but must be strained after use, so as to get all the sediment and pieces out of it. Fat can be kept a long time to fry in ; it should be strained after using, and it can be clarified often, provided that it is not allowed to burn ; if it is burnt, it is spoilt. Meat and fish should not be fried in the same fat.

## To Clarify Fat.

Cut up any scraps of cooked or uncooked fat into small pieces, and put them into a stewpan with enough cold water to thoroughly cover them. Let this boil with the lid off until all the water has evaporated or boiled away in steam, and nothing is left of the pieces of fat but dry brownish bits. You must stir it occasionally, for fear it should burn. When this has cooled a little it must be strained through an old sieve or strainer into a basin. When quite cold, it makes a cake of pure white fat, which is used to fry in instead of lard or oil. It is also used in plain cooking in the place of butter. A good basinful of fat will last a long time for frying in, provided it is not allowed to burn ; if it burns, it is spoilt, and must be thrown away. Fat should always be strained after you have used it, to get out all the little pieces of bread-crumbs, etc., which would stick to whatever was fried in it next time ; it can be reclarified very often, and fresh fat added to it. If you have not enough pieces of fat left from the trimmings of your meat, it can be bought of the butcher for from fourpence to

eightpence the pound. Fish and meat must not be fried in the same fat. To clarify dripping.—Pour it out of the dripping-pan into a basin with about half a pint of cold water; when it is cold, take the cake of dripping off the water, scrape all the sediment off the bottom of the cake and wipe it dry; throw away the water, which will contain all the impurities.

## Various Heats required for Baking and Frying.

The various heats required for baking and frying are as follows:—

If you have an oven thermometer, Pastry  $320^{\circ}$ , Bread  $340^{\circ}$ , Meat Pies  $290^{\circ}$ . For roasting in the oven, Veal and Pork  $320^{\circ}$ , Beef  $310^{\circ}$ , Mutton  $300^{\circ}$ .

If you have a fryometer the heat for Fish is  $360^{\circ}$  to  $375^{\circ}$ , and for Meat  $375^{\circ}$  to  $380^{\circ}$ .

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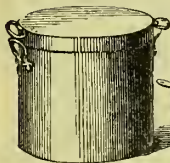


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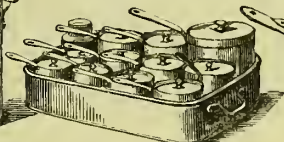
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